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Jump in first-time riders with opening of west LRT: Survey

Growth. Jump in first-time transit users 'very similar' to those observed when initial LRT lines opened on different routes

ROBSON FLETCHER
robson.fletcher@metronews.ca

If you build it, they will ride.

That's the indication Calgary Transit continues to get from passenger counts and surveys, the latest of which show thousands more people are using transit daily since the opening of the west LRT line last December.

In the afternoon rush hour alone, 2,200 more people are leaving downtown for west Calgary via bus and C-Train each day, said transit planning manager Neil McKendrick, marking an increase of 28 per cent from the pre-west-LRT days.

Transit has also been conducting more detailed surveys of transit users in the area, McKendrick added, and preliminary results suggest the new line has brought in many first-time riders.

"The interesting thing is that 15 per cent of the people who have responded to the survey have indicated that they were not using transit before west LRT opened," he said.

Ald. Richard Pootmans, whose ward includes the westernmost end of the new LRT line, expects that trend to continue.

"I know some households, including mine, are considering dropping the second car," Pootmans said. "I'm finding I can use the LRT four days a week. This is changing a lot of behaviour patterns."

Ald. John Mar, whose ward also includes the west LRT line, said the ridership numbers correlate directly to reduced congestion on city roads.

"It's taking 6,000 to 8,000 cars off our network every single weekday," Mar said.

Ald. Shane Keating, who has been campaigning for improved transit service to the city's rapidly growing southeast, said the west LRT numbers just add to his argument.

"We have a greater population than the west LRT," he said. "We have major congestion problems on the roads. So as soon as we have viable public transit, our (ridership) numbers are going to jump tremendously."

Fifteen per cent of transit riders recently surveyed in west Calgary said they didn't use transit prior to the opening of the west LRT line in December 2012. METRO FILE

TAX TIPS

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Labour

School boards mull tentative agreement for teachers

Funding was top of mind for Alberta school boards as they met to weigh the merits of a new, tentative deal for 35,000 teachers in the province Monday.

The contract would see teacher salary grids frozen for three years and offer up a two per cent increase in the fourth, but it would also come with a commitment to establish a hard cap on instructional hours for educators in the 2014-15 school year.

Jacquie Hansen, president of the Alberta School Boards Association, said without adequate funding, some smaller boards in the province will struggle to bring on additional staff to cover a hole that would come with the cap.

"They would have to juggle.... Does that mean the closure of schools? Does that mean fewer teacher aides? Does that mean charging more for busing?" Hansen asked.

The ASBA hosted the meeting of representatives from 60 school boards that was also attended by Education Minister Jeff Johnson, who, with the help of Premier Alison Redford, secured support for a contract with executives from the Alberta Teachers' Association after two previous offers were widely rejected.

Johnson's press secretary, Kim Capstick, said there's no additional money in this year's budget for school boards. She added that a phasing in of the instructional cap would give administrators time to plan appropriately.

JEREMY NOLAIS/METRO

David and Collet Stephan are seen with sons Ezekiel, left, and Ezra in this Facebook photo. Ezekiel died last year of complications associated with meningitis.

FACEBOOK.COM

Campaign backing parents' criminal fight

Ezekiel. Loved ones rally around couple charged in death of 19-month-old son

Family and friends of two parents accused by RCMP of neglecting their child, who became sick and later died, are selling food, writing letters to the solicitor general and even throwing a spring carnival to raise money for their legal fight.

David and Collet Stephan, who live near the southern Alberta village of Glenwood, learned last month they were being implicated in the death of 19-month-old Ezekiel.

Their son became sick in February 2012 with what they believed at the time was a minor case of croup.

But one night in March Ezekiel suddenly stopped breathing. He was rushed to a Calgary hospital but never awoke.

His death has been attributed to complications associated with meningitis.

The Stephans are scheduled to make their first court appearances in May to answer to criminal charges of failing to provide the necessities of life.

"What I can tell you is they are two of the most loving, doting parents you will ever meet," said family friend Jill Calitz, who's known Collet for 13 years and is helping organize a carnival event planned for Saturday at Magrath School. "It infuriates me that, after all they have been through, the police are turning around and doing this to them."

Reached Friday, David was at a loss for words when asked about the support his family has received.

"We have been told it (legal fees) could cost between $20,000 to $40,000," he said. "All you can really say is thank you to everyone. It means so much to us."

A Facebook page titled "Prayers for Ezekiel" has been subscribed to by nearly 600 people, and the website helpdavidandcollet.blogspot.ca had been visited by 1,000 people as of late last week.

JEREMY NOLAIS/METRO

EMS concerns

- The Stephans have claimed Alberta Health Services may actually be to blame for the death of Ezekiel. They allege it took 40 minutes to reach an ambulance despite the fact they drove halfway to Cardston, where an ambulance was being dispatched. David said he's also learned another ambulance was free in the much-closer community of Glenwood.
- AHS has refrained from commenting, citing ongoing legal proceedings.

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Charges laid. Father says he 'lost a best friend' in Airdrie homicide

Garland Curtis always planned to return home to New Brunswick.

He moved to Airdrie 15 years ago and had been doing human-resources work in Fort McMurray where the money was good, but always made sure to phone home to his father, Winston, in Blackville, N.B.

In January, Garland, 40, was found dead in his Airdrie home. On Monday, RCMP announced they have charged 23-year-old Dustin Piper, an acquaintance, with first-degree murder.

Details

- Winston Curtis said hundreds turned out for his son's funeral in his hometown of Blackville, N.B., in January.
- Garland Curtis is also survived by his mother, Mae, and two siblings.
- Garland's accused killer, 23-year-old Dustin Piper, will make his first court appearance Thursday in Airdrie.

"We sometimes talked two to three times a week," Winston said Monday. "I didn't just lose a son — I lost a best friend."

RCMP Cpl. Colette Zazulak attributed the break in the case to work done by a number of specialized units. She said a motive for the alleged killing remains unclear.

"We know they had been friends for a few years," Zazulak said.

Winston said he hadn't spoken with RCMP about the charges Monday morning, instead choosing to focus on the positive things he remembered about his son.

"He had big plans," Winston said. "He would never say a hurtful thing to anyone."

JEREMY NOLAIS/METRO

Garland Curtis, in an undated handout photo. His father says it's likely the public will never know what led to his death. METRO FILE

Chinook Centre eyes 'disciplinary action' against security guards

YouTube evidence. Mall administrators 'troubled' by actions of security guards caught on video detaining a man who was not criminally charged after police arrived

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary police are investigating and Chinook Centre is considering disciplinary action after mall security guards were captured on video aggressively subduing and striking a man who was later charged with nothing other than trespassing.

"We were troubled by the behaviours depicted in the video footage and as a result we are looking into the details of the situation and will take disciplinary action as required," marketing director Peggy Lim told Metro on Monday.

"Given that the matter is now under investigation by the Calgary Police Service we cannot provide further comment," Lim added.

Police confirmed Monday that the man detained by the security guards in the video was issued a summons for trespassing but not criminally charged. Police are also investigating the incident, according to a spokesperson.

Dan Doussept said he's still considering filing a criminal complaint against the guards who pinned him outside the mall Saturday night, but he spent most of Monday resting and recovering from his injuries.

The 31-year-old father of a six-year-old girl was pleased to hear of Chinook Centre's internal investigation into the incident.

"I'm glad that they're actually looking and I'm glad that they're not just going to sweep it under the rug," Doussept said.

Quoted

"I do believe that they will come to a conclusion that is suitable for them, but it doesn't make up for my humiliation." **Dan Doussept** on Chinook Centre's internal investigation into the actions of security guards who aggressively detained him outside the mall on Saturday night

Calgary police and Chinook Centre administrators are investigating a Saturday-night incident in which a man was aggressively detained by security guards outside the mall. ROBSON FLETCHER/METRO

Advanced education

Lukaszuk cautions he has final say on all program cuts

Claims from a Calgary university dean that his program has been suspended as a result of a tough provincial budget are premature, cautions the minister overseeing post-secondary studies.

Advanced Education Minister and deputy premier Thomas Lukaszuk clarified Monday he has the final say on all programming changes that will come after a 7.3 per cent reduction in post-secondary grants was announced in the provincial budget earlier this month.

The minister's comments came days after an email from Mount Royal University dean Jeff Goldberg indicated the bachelor of engineering-university transfer program had been suspended.

As well, an instructor in the program, Janice Miller-Young, has begun circulating a letter that claims cutting the program would have the exact opposite effect of what Lukaszuk has urged institutions to do going forward, namely work together and streamline services where possible.

Lukaszuk, however, said he would turn the request to suspend the program over to his department before rendering a verdict.

"We would look at if that program is eliminated would students still have the ability to pursue that education through another means?" he said.

JEREMY NOLAIS/METRO

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Wildrose pay donations a ‘gimmick’: Minister

Making point about salaries. 17 caucus members say they’ll accept no more than $145K a year

All members of the Wildrose party are funnelling eight per cent of their salaries to charity to make a point about overpaid politicians in the province.

Opposition Leader Danielle Smith said Monday that it’s the right thing to do, given that the recent eight per cent raise for all 87 Alberta MLAs was not raised as an issue in last spring’s election.

“Nobody campaigned on a pay hike. It wasn’t in our platform, it wasn’t in (the governing Progressive Conservatives’) platform,” Smith said.

“Not one current MLA knocked on the doors and told Albertans that if elected they would help themselves to a fatter paycheque,” she said.

“It was brazen, it was disrespectful and it was wrong.”

Smith said the 17 members of her caucus are accepting no more than $145,000 a year, rather than the current $156,000.

Smith invited other politicians to make a similar charitable contribution.

Deputy Premier Thomas Lukaszuk told the house during question period that his caucus members already donate some of their salaries to charity and don’t need to chest-thump about it.

“They don’t need to stand up in the house and announce it to the whole world,” said Lukaszuk, who dismissed the Wildrose give-back as a “gimmick.”

THE CANADIAN PRESS

“It was brazen, it was disrespectful and it was wrong,” Wildrose Leader Danielle Smith says of the recent pay raises MLAs received. METRO FILE

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Apology to police the ‘right thing to do’: Youth worker

Edmonton’s police chief has accepted public apologies from a lawyer and youth worker who last month claimed police mistreated an 18-year-old First Nations woman who was allegedly raped and beaten.

Chief Rod Knecht received letters of apology from lawyer Parm Johal and youth worker Mark Cherrington for comments made about police actions in the case, which saw the alleged sexual-assault victim arrested.

At a news conference on Monday, Knecht said the case has been frustrating and noted the apologies came after discussions with Johal and Cherrington.

He maintained that EPS officers acted appropriately. “When we make mistakes, we’ll come forward and admit to those mistakes, but this was not one of those cases,” he said.

Reached on Monday, Cherrington said the apology was “the right thing to do.”

Both Cherrington’s letter and Johal’s say they should have confirmed their information before speaking publicly.

Knecht said the investigation into the woman’s sexual-assault allegations is ongoing.

ANNALISE KLINGBEIL/METRO

Investigation

Bowden inmate dies in hospital

Officials are investigating after a prison inmate who was found unresponsive in his cell died in hospital. Gerard Mallett, 62, was serving time for sexual assault at Bowden Institution. The Correctional Service of Canada says he was discovered by guards on Saturday and died later in Innisfail hospital. There was no immediate information on how he died. THE CANADIAN PRESS

Study urged. Airport Trail extension a possibility

Calgary’s airport boss signalled he may be willing to bend on a rule that prohibits Airport Trail from connecting to Metis Trail.

The city and Calgary Airport Authority had agreed to connect Airport Trail only as far as 36th Street N.E. once the $295-million airport tunnel opens next year. The potential for a future connection to Metis Trail is contingent on interchanges being constructed.

But Garth Atkinson, the airport authority CEO, told council on Monday that he’d be willing to “take a look” at that agreement again.

Ald. Jim Stevenson said making the additional connection would provide a “significant release of congestion” and might not lead to as much non-airport traffic using the route as feared.

Atkinson said he’d be open to looking at additional long-term traffic studies for the area.

ROBSON FLETCHER/METRO

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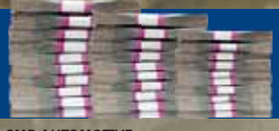

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Hand sanitizer. Hospitals remove bottles after death

The death of a man in an RCMP cell in southern Alberta has changed the way hand sanitizer is provided in hospitals.

Mounties took a drunken Kurt Kraus to the Vulcan Hospital in May 2010 and a doctor determined it was safe for him to be taken to a cell in nearby Gleichen to sober up.

A nurse had suspected the chronic alcoholic had ingested some hand sanitizer while at the hospital, but no one knew he had also swallowed 10 antidepressant pills.

Within minutes of being placed in the cell, the 46-year-old stopped breathing.

A fatality inquiry in Calgary heard the man's death was caused by the combination of drugs and alcohol — his blood alcohol level was more than four times the legal driving limit. THE CANADIAN PRESS

Wall-mounted dispensers

A judge made no recommendations, but noted that hospitals have since removed all portable bottles of hand sanitizer and replaced them with wall-mounted dispensers in public areas.

Police pursuit

Mounties seek black truck that rammed Canmore RCMP car

Police believe a stolen black pickup truck that twice rammed an RCMP cruiser near Canmore could be in the Calgary area.

Mounties say they tried to pull over the black F-150 and a white F-150 on Sunday after seeing the trucks driving erratically. A long chase ensued in which the black truck twice rammed a cruiser and then escaped eastward on the Trans-Canada.

The black truck, licence plate BJN1319, was reported stolen from Calgary. METRO

Accused in brazen heist may have cased jewelry store, police say

Investigation. One suspect charged, another remains on the run

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Police say a man they allege was involved in a brazen mall heist that involved ramming a truck through a main entrance may have cased the targeted business.

Investigators announced on Monday that Samual Jacob Chapman, 27, of Port Coquitlam, B.C., has been charged in the November robbery of Jewels by Maxime's.

In all, $139,000 worth of high-end watches were stolen and the mall sustained an estimated $150,000 in damage.

By the numbers

10

Police have recovered 10 of the stolen watches to date — it's believed many were pawned, police Staff Sgt. Dave Louie said.

"We have information that he was in the store before," said Staff Sgt. Dave Louie, adding he believes Chapman was caught on surveillance footage obtained by investigators.

Chapman appeared in court for the first time on Monday, but Louie said he's not helping with identifying a suspected accomplice in the heist.

"He (Chapman) was arrested in B.C. for other matters and, of course, we had warrants in the system," Louie said, adding the accused was first identified as a suspect in late December or early January.

Police also thanked the public for their help in the investigation, as tips helped officers tracked down a Dodge Journey in the nearby community of Varsity they believe was used in the heist.

Police Staff Sgt. Dave Louie addresses reporters on Monday after charges were laid in a November jewelry-store heist. DEREK QUAN/FOR METRO

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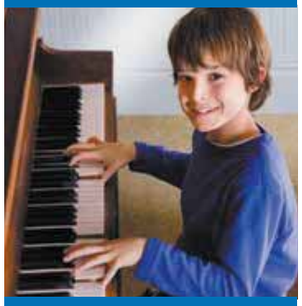

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Kind stranger fulfils St. Patrick's Day wish

Halifax to Dublin.
Plea brings Irishman out to forgotten family grave

ANDREW FIFIELD
andrew.fifield@metronews.ca

Finding the grave was no small task — founded in 1836, Mount Jerome Cemetery has seen more than 300,000 burials. REDDIT

While Canadians were packing pubs from coast to coast on St. Patrick's Day, a man in Dublin answered a request from a stranger across the sea.

It started on the weekend when Andrew Bourke of Halifax brought an odd request to the social news site Reddit.

"This is the grave of my great uncle, who was badly burned in a flying accident and died a few days later," he wrote.

He included a photo of the tombstone of Lt. Thomas Leslie Bourke, who died more than 50 years before Andrew was born.

"Can someone drink a pint there tomorrow ... or maybe just place a flower for me?"

Bourke found a photo of the tombstone while searching his great uncle's name last year.

"I was sad that the grave looked so uncared for," Bourke told Metro.

With little more to go on than a photo, it seemed unlikely anyone would actually make it to the grave. But after a few people vowed to hoist a brew in Lt. Bourke's memory — just not at Mount Jerome Cemetery — user elmoslats chimed in.

"It was a bitch to find. Bought some flowers," he wrote. Included in the post was a new photo of the same grave, now decorated with a simple token.

Keystone XL. Redford says U.S. pipeline refusal would be betrayal of partnership

A U.S. rejection of the Keystone XL pipeline proposal would have far-reaching implications for the Canada-U.S. relationship, Alberta Premier Alison Redford warns.

"I don't think this is as simple as yes or no on a project," she told The Canadian Press on Monday during a trip to Ottawa. "I do think this could fundamentally change the relationship."

TransCanada Corp. needs approval from U.S. President Barack Obama in order to build its $7-billion bitumen pipeline from Alberta to refineries on the Gulf Coast.

A refusal would throw into question decades of Canada-U.S. economic co-operation and integration, Redford said.

"I think it would show that we're not as trusted as partners as we used to think that we were," the premier said.

She argued that the countries' original free-trade agreement included formal commitments to maintain the energy relationship, with Canada promising to remain a supplier and the United States committing to remaining a customer. THE CANADIAN PRESS

Toronto. Police warn of back-alley butt procedure

Toronto police have issued a warning about illegal buttock-enhancements being performed in homes and hotel rooms.

They said women are paying cash, typically thousands, to have a substance advertised as a synthetic filler injected.

Investigators said some women have experienced serious medical complications. They added this type of procedure could even result in death when done outside of a medical facility. THE CANADIAN PRESS

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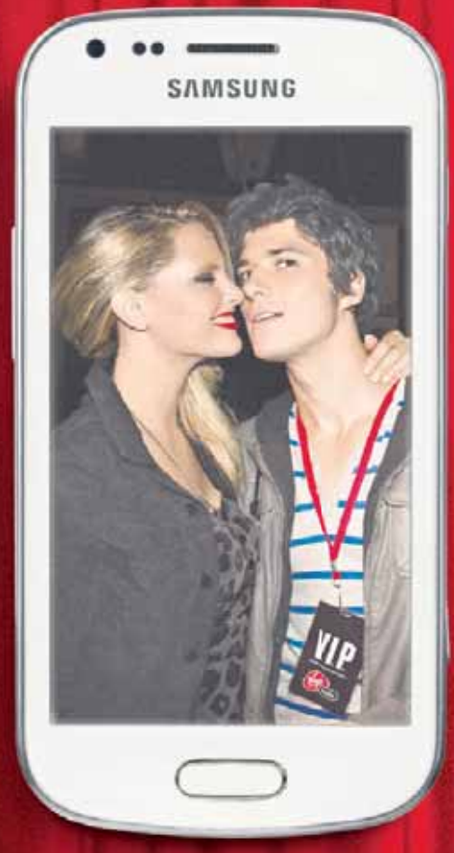

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Chopper pilot carried out prison break at gunpoint, boss says

'You're going to ... prison.' 23-year-old back home Monday after being treated for shock following movie-like ordeal

A young helicopter pilot, Sebastien Foray, picked up a pair of passengers for what was supposed to be a routine weekend flight over the north shore of Montreal.

Instead, he wound up in an international news story.

Plans for a routine Sunday excursion dissipated quickly, as he allegedly found himself staring down the barrel of a .38-calibre handgun.

"They took out a gun and said, 'You're going to St-Jerome prison,'" said Yves Le Roux, the owner of Passport Helico, where Foray has worked for a couple of years.

He said the pilot was ordered to land on a tower above the prison. Once there, his passengers pulled some rope out of a backpack and let it tumble out toward the ground level below.

And up came two convicts, springing out from the prison yard.

Le Roux said they flew another two or three minutes, with the escaped prisoners dangling from the helicopter, and they landed in an open field where they were able to hop aboard.

He said that particular landing was bumpy — at least for one passenger. One of the convicts had become tangled in the rope, upside-down, and may have smashed into the ground.

From there, they flew toward a hotel in the Laurentians, where the four passengers exited — but not before someone pulled a T-shirt over the pilot's head, Le Roux said, so he wouldn't witness the getaway.

Foray was soon found by police and brought to a hospital, where he spent a few hours being treated for nervous shock.

THE CANADIAN PRESS

Nabbed

Hours after the prison break, the two alleged accomplices and the two convicts were found and arrested.

- They appeared in court Monday, where they were slapped with nearly two dozen charges, including breaking out of prison, kidnapping and pointing a gun at someone.
- Police raised the possibility of other charges.

Ex-star quarterback killed in plane crash

Firefighters work at a home Monday in South Bend, Ind., where a plane crashed Sunday. The plane damaged homes, caused injuries and led to at least two fatalities. Former University of Oklahoma Sooners quarterback Steve Davis, 60, and Wes Caves, 58, a Tulsa, Oklahoma businessman, were the flight crew on the private jet, and were both killed. JOE RAYMOND/THE ASSOCIATED PRESS

Central India

Men accused of raping tourist appear in court

Six men accused of raping a Swiss tourist who was cycling with her husband in central India were produced in court Monday and charged with gang rape.

The suspects appeared in the magistrate's court in Madhya Pradesh state with their faces covered with black cloth, police superintendent Chandra Shekhar Solanki said.

It was not clear how they pleaded in court, but during their arrest Sunday they confessed to the crime, police said. The men, who are poor farmers from nearby villages, also face additional charges of robbing the Swiss couple.

The attack came three months after the fatal gang rape of a woman on a New Delhi bus, which spurred outrage over the treatment of women in Indian society and the country's justice system.

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Coming 2 weeks

Target to open 21 new stores in Ont.

Target's expansion into Canada continues apace as the American retailer is set to open 21 new Ontario stores in the next two weeks.

On Tuesday, Target is opening 17 stores in communities across the province, while four more will be opened on March 28, adding to the three pilot stores launched earlier.

THE CANADIAN PRESS

New York City

City may make stores hide tobacco

A new proposal would require New York City retailers to keep tobacco products out of sight under a first-in-the-nation proposal aimed at reducing the youth smoking rate, Mayor Michael Bloomberg said Monday.

Bloomberg said similar prohibitions on displays have been enacted in other countries, including Iceland, Canada, England and Ireland. THE ASSOCIATED PRESS

Gobble-gobble

Burger King to offer turkey burger

If you think a Whopper's too indulgent but are sick of chicken sandwiches, Burger King is offering a turkey burger for the first time. The Miami-based company is rolling out the new sandwich this week as part of its limited-time offers for spring, marking the latest fast-food effort to cater to health-conscious diners.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
97.82¢ (-0.29¢)

TSX
12,781.76 (-48.27)

OIL
$93.74 (+29¢)

GOLD
$1,604.60 (+$12)

Natural gas: $3.92 (+4.8¢)
Dow Jones: 14,452.06 (-62.05)

Cyprus. Plan to appropriate savings shocks Europe

Protesters hold up their hands outside the parliament in Nicosia, Cyprus, to protest a controversial bailout proposal. PETROS KARADJIAS/THE ASSOCIATED PRESS

A plan to seize up to 10 per cent of people's savings in the small Mediterranean island of Cyprus sent shock waves across Europe on Monday as households realized the money they have in the bank may not be safe.

A weekend agreement between Cyprus and its European partners called for the government to raid bank accounts as part of a 15.8-billion-euro ($20.9-billion) financial bailout, the first time in the eurozone's crisis that the prospect of seizing individuals' savings has been raised.

Facing outrage, Cyprus' government delayed a parliamentary vote on the seizure and ordered banks to remain shut while it tries to modify the deal to reduce the hit on people with small deposits.

In order to get 10 billion euro ($13.2 billion) in bailout loans from international creditors, Cyprus agreed to take a percentage of all deposits — including citizens' savings. The surprise deal stoked fears that deposits in other countries could be targeted.

THE ASSOCIATED PRESS

U.K. Controversial deal sets up media watchdog

British politicians have struck a last-minute deal over press regulation that is meant to curb the worst abuses of the country's scandal-tarred media.

The deal follows days of heated debate over how to implement the recommendations of Lord Justice Brian Leveson, the senior judge tasked with cleaning up a newspaper industry plunged into crisis by revelations of widespread illegality. Victims' groups have lobbied for an independent watchdog whose powers are rooted in legislation. Media groups have opposed potential press laws, saying it threatens press freedom.

The deal reached in the early hours of Monday morning is a complicated compromise.

"I think we have got an agreement which protects the freedom of the press — that is incredibly important in a democracy — but also protects the rights of people not to have their lives turned upside down," Labour leader Harriet Harman told ITV.

The body would be independent of the media and would have the power to force newspapers to print prominent apologies.

THE ASSOCIATED PRESS

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ALL'S FAIR IN LOVE AND LAUNDRY

SHE SAYS

Jessica Napier
metronews.ca

There are numerous benefits to shacking up with a significant other — not only is it cost-effective but those late-night booty calls become a lot more convenient. But what happens when you wake up the next morning and realize that the floors need to be cleaned and there's a pile of dirty dishes in the sink? What's the best way to handle the division of labour when you start living together under the same roof?

Some couples think it's best to approach cohabitation in a pragmatic, organized fashion while others assume that the living situation will evolve more organically. Divvying up household responsibilities in a systematic fashion can help reduce the I-took-the-garbage-out-last-week arguments, but I can't help thinking that keeping an official chore schedule and tallying up grocery receipts might ultimately suck the romance out of the relationship.

Like many women, I've had my fair share of discussions (ahem, blowout fights) about discrepancies in who does more housework. When my boyfriend and I first moved in together he suggested that he take care of the laundry while I should be the one to clean the toilet because "you're so much better at it than I am." He was half-joking (I hope) but also correct in that I was much more proficient at keeping things neat and tidy. However, I swiftly gave him a crash-course in bathroom maintenance and explained that I refused to live with a man-child with no concept of how to clean up after himself.

If anything, the guys should be the ones cleaning the toilet more often because as ladies we have much better aim when it comes to bathroom visits.

While household work might have been a woman's domain in the past, times have changed and traditional gender roles have given way to confusion as both men and women negotiate their new responsibilities inside and outside of the home. The notion of a clearly defined male breadwinner and his dutiful housewife seems laughably archaic now, but that doesn't mean we've totally figured out how to navigate our way through this uncharted domestic territory. However, there's no doubt that two partners with full-time jobs and busy social lives should be making a conscious effort to divide household chores equally.

But if we take our desire for equality too literally it's possible that our pursuit of balance might start breeding resentment. If you're refusing to wash each other's underwear or help clean up the kitchen when it's not your turn, then that well-intentioned organization will turn into animosity. Tracking every single meal cooked and dollar spent in the name of equality might seem like a sensible approach, but it's kind of like keeping score in a game with no real winners.

That elusive notion of "domestic bliss" probably exists somewhere in the healthy middle ground between a hyper-regulated household and unmanaged chaos. However, if I haven't found it after four years of cohabitation then I might just have to accept that there will always be arguments. At least he knows how to scrub a toilet bowl now.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Fancy some moonshine?

STEVE NILSEN/REX FEATURES

When the light hits your eye

Photographer Steve Nilsen couldn't help having fun when he witnessed an impressive moon halo in Kvæfjord in northern Norway. He grabbed his flashlight and made it appear as if he was creating the stunning natural phenomenon with the flashlight. "I made the most of the sky, as there were no aurora to see then," he said. METRO

How the moon gets its halo

A moon halo is caused by the refraction of moonlight from ice crystals in the air.

The shape of the ice crystals results in a focusing of the light into a ring, which surrounds the moon at a radius of 22 degrees. Since the crystals typically have the same shape, namely a hexagonal shape, the moon ring is almost always the same size. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The unfortunately-named Border Porn is a Reddit page dedicated to very cool photos of international crossings — from the U.S. border splitting a Canadian's driveway to the meeting of hemispheres in Ecuador.

The patio of the Frontière Café in Baarle-Nassau, Belgium, is a humble dividing line with the Netherlands.

Which is a far cry from the military tension of the Korean Peninsula's DMZ.

Letters

RE: Obama: Keystone XL Pipeline Not Major Jobs Creator, published March 14

Obama, quit posturing, just say yes or no. Time to sink or swim for your toothless presidency.

Raymond Fortier posted to metronews.ca

RE: Experts Renew Calls to Solve Foreign Investment Housing Affordability Puzzle, published March 17

The market was inflated all over Canada. Winnipeg home prices doubled over the last 10 years, too, and there weren't any foreigners buying there. This is a huge bubble inflated by the federal government/CMHC policy of subsidizing mortgages with low to no down payment and 30 to 40 year terms.

Joe Mainlander posted to metronews.ca

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DVD reviews

The Hobbit: An Unexpected Journey

Director. Peter Jackson

Stars. Martin Freeman, Ian McKellen, Richard Armitage

Director Peter Jackson chose to tell the first part of his The Hobbit film trilogy in 3D at 48 frames per second (twice the normal rate). The DVD/Blu-ray release of the film is less ambitious. There's no 48fps, and 3D is available on Blu-ray only, but there's still lots to see and marvel over. Events in The Hobbit: An Unexpected Journey are set 60 years before novelist J.R.R. Tolkien's Lord of the Rings begins, when a wise Gandalf shows up at the Shire home of happy Bilbo (Martin Freeman) urging him to adventure. Gandalf (Ian McKellen) represents 13 dwarves whose Kingdom of Erebor has been invaded and conquered by the dragon Smaug. The dwarves seek to reclaim their homeland and also the treasure the dragon has stolen. At a running time of 170 minutes, The Hobbit packs in too much of a good thing, but it's all quality stuff.

PETER HOWELL

Ladies and gentlemen...

It's our pleasure to introduce to you... Justin Timberlake's career. His album, The 20/20 Experience, is out today. In honour of JT, we take a look back.

METRO WORLD NEWS

1981

Beamed down from heaven — to Tennessee — Justin Timberlake simply appeared one day, fully-formed. His first words were not words at all, but traditional gospel hymns that made grown men weep.

1993

His first big break: Timberlake sang country music on the U.S. talent series Star Search. That isn't the first hat he'd regret.

1993

Britney Spears, Christina Aguilera and JT appeared on The Mickey Mouse Club when — whoa, is that Ryan Gosling? Why isn't this story about him?

1995

Backstreet who? *NSYNC sold 11 million albums, and the sequel, No Strings Attached, became the fastest (at the time) selling album ever.

2000

Bristin Timberspears never really took off as a nickname. It's never too late.

2002

The solo career. The album Justified would sell more than 7 million worldwide.

2004

Nipplegate

2006

Timberlake brings sexy back with FutureSex/LoveSounds.

2007

Madonna teams up with JT and the world shrugs.

2010

Timberlake brings swagger to the Oscar-nominated The Social Network.

2013

Straightened hair, sharp suits, a lifetime of style lessons learned. Justin is back with The 20/20 Experience, out today. He's a latter-day Sinatra who moves like Michael Jackson.

SCENE2

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* Based on the J.D. Power and Associates 2012 Alberta Single-Family New Home Builder Customer Satisfaction Study℠ conducted in association with the Professional Home Builders Institute of Alberta. Study measures ANHWP builder members and participating builder members of PHBIA, which represent more than two-thirds of all new single-family homes built in Calgary. For more information, visit jdpower.com.

Twilight author Stephenie Meyer ALL PHOTOS GETTY IMAGES

Did RPattz and KStew take the fall for Stephenie's fame?

Twilight creator Stephenie Meyer admits she feels some guilt for the circus the lives of stars Kristen Stewart and Robert Pattinson have become. "If they had the choice, I've no idea if they'd even do Twilight again. I just don't know. I think this has all come at a heavy price," Meyer tells Britain's Times magazine. "I just don't think they enjoy the parts (of fame) that other people would. And I totally get that, because it would not be my thing either. At the same time — and this is where the guilt comes from — it's created this nice, peaceful place for me. They took all of my heat, which I feel bad about."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Here comes the Lohan!

THE WORD
Meredith Engel
scene@metronews.ca

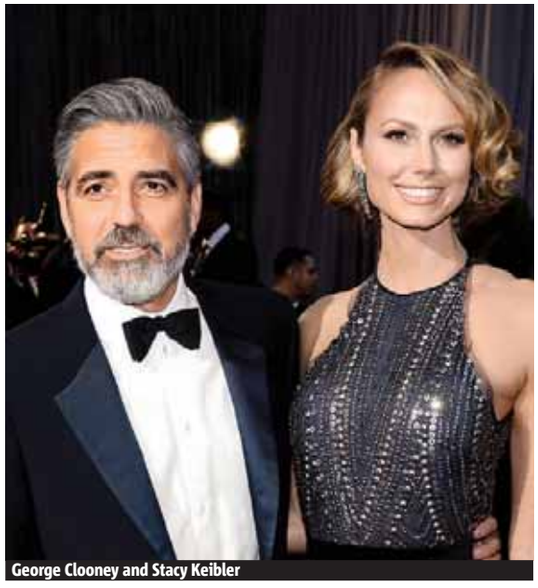
We only wish it was a happy occasion for Lindsay Lohan. The star was greeted with a showering of glitter as she arrived to her latest court appearance on Monday in L.A. Lindsay was, naturally, late to the appearance — she was scared to fly alone, but thankfully, an energy drink company by the name of Mr. Pink hooked her up on the company's private jet, per The Atlantic Wire.

Our question: what's an energy drink company that no one's ever heard of doing with a private plane?

Lindsay Lohan gets glitter-bombed. DAMIAN DOVARGANES / THE ASSOCIATED PRESS

Clooney and Keibler canoodle, kill the rumours

George Clooney and Stacy Keibler stepped out hand-in-hand for dinner in Berlin this weekend amid rumours that the couple's relationship is in trouble, according to E! News. Clooney and Keibler were dressed casually and were joined by Matt Damon, who joined them after dinner at the Soho House. Clooney is in Berlin filming the Monuments Men.



George Clooney and Stacy Keibler

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News worth sharing.

Happy house hunting

How much can you afford? Consider many different factors so you can become a more secure homeowner

TERESA CHIYKOWSKI
For Metro

It's an exciting time in your life. You are ready to trade rent cheques for mortgage payments but the question is, "How much can you really afford to spend, all factors considered such as your income, debt load and expenses? The answer is important. Knowing how much you can spend can help you narrow down your options and also make you a more secure homeowner.

Here are a couple of items that should figure into the calculation on how much you can afford before making a final decision.

Gross Debt Service ratio looks at your proposed new housing costs (mortgage payments, taxes, heating and electricity costs and condominium fees, if applicable). A general rule of thumb is that this amount should be no more than 32 per cent of your gross monthly income. For example, if your gross monthly income is $5,000, you should not be spending more than $1,600 in monthly housing expenses.

Total Debt Service ratio (TDS) measures your total debt obligations (including housing costs, loans, car payments, and credit card bills). Generally speaking, your TDS ratio should be no more than 40 per cent of your gross monthly income.

Debt service ratios aside, there is a general rule that you can follow to determine if a house is within your budget. Take your household's gross annual income (salaries, wages and taxable income before taxes) and multiply by 3.4. For example, if you have an annual household income of $70,000, you should be able to pay $238,000 for a home.

Online calculators

Many financial institutions offer online calculators to help you determine if you are ready to buy. While these online tools can be fast and easy to use, they don't take into account debt service ratios and other important costs associated with owning a home, such as home insurance, gas and electricity, property taxes, cable, Internet and telephone.

If you are serious about buying and how much you can truly afford, it's worth your while to meet with a financial planner or real estate agent to uncover the hidden costs of owning your first home.

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Choices

Do you want to buy new or resale?

PAGE HG6

Expert advice

We want to help make moving into the home of your dreams simple and stress free. So we have partnered with RBC Royal Bank to offer the information you need to start your search and expert advice on how to close the deal.

Choose a winning team for your purchase

Buying a home can be a confusing and emotional process – even more so if you are a first-time homebuyer. Where do you turn for expert help, support and advice that will ease the stress and make the process go smoothly? A real estate agent is the natural place to start, but the truth is that buying a home really is a team effort. Although the roster might vary depending on your game plan, here are some of the players you might expect to have on your team.

JUPITERIMAGES/COMSTOCK/THINKSTOCK

Real estate agent: Is licensed to negotiate and arrange real estate sales. Agents can show and list properties, and complete listing agreements and purchase contracts. They must know the market value and positive and negative aspects of properties.

ISTOCKPHOTO/THINKSTOCK

Mortgage specialist: Is employed by a financial institution and can help guide you through and advise you on the range of products that their company offers.

BRAND X PICTURES/THINKSTOCK

Professional renovator: Is a general contractor, sometimes referred to as a renovation contractor, who can adapt the home to your needs. The renovator will assume responsibility for the work contracted and give you a warranty once it's completed.

ISTOCKPHOTO/THINKSTOCK

New builder sales rep: Are paid to represent the builder. Due to the high volume nature of new home sales, many builder's agents are paid less than a traditional commission; some earn a salary plus incentives. They can also help you choose the right upgrades.

COMSTOCK/THINKSTOCK

Real estate lawyer: Acts as "quarterback" for you, ensuring that your closing and all of the related documentation is complete and delivered on time. Typically, you will meet with your lawyer a day or two before closing.

COMSTOCK IMAGES/THINKSTOCK

Home inspector: Identifies whether a home has any defects. This means they should be fully aware of relevant local ordinances, such as frame construction, electrical and plumbing systems, heating and cooling systems, and the condition of any other structures that are found on the property. TERESA CHIYKOWSKI

RBC Royal Bank

Make buying your first home a reality.

Do your homework before you buy your new home

TERESA CHIYKOWSKI
For Metro

Buying your first home? If you are ready to make that major move to mortgage from rent, there are some important things to consider, including the property type that's right for you.

URBAN CONDO

Does minimal maintenance and a carefree lifestyle appeal to you? If so, an urban condo is probably the ideal fit.

Pros: Shopping and entertainment are usually within walking distance — no wheels required. External maintenance costs are covered by your monthly condo fees, which makes home ownership much easier if you enjoy a busy lifestyle.

Cons: Monthly condo fees run hundreds of dollars. In many cases, a parking space can cost $25,000 to $30,000. If you work outside the city, you will have to incur commuting costs. Also, beware of any outstanding special assessments over and above what condo fees actually cover.

SINGLE-FAMILY HOME

If more space is important to you and being responsible for external home maintenance is not a concern, consider a single-family dwelling.

Pros: You will have space and privacy because you don't share a wall with neighbours. You also have the freedom to maintain your house and landscape your yard to suit your needs.

Cons: If you are buying an older house, be prepared to budget for unforeseen repairs and updates such as windows, roofing and furnace. If you want a new house, complete with upgrades such as hardwood floors and granite countertops, consider this when preparing your budget. Upgrades can add up fast.

FREEHOLD TOWNHOUSE

Finally, if you want your own easy-to-manage home without condo fees, it's worth looking at freehold townhomes.

Pros: With a freehold, you own the home and the land around it and are not subject to monthly condo fees or the stringent rules and regulations set out by a central committee.

Cons: There is no central group that has power over the complex. As a result, exterior colours have no continuity, landscaping tastes and expectations diverge and other issues can arise.

Some final words of wisdom. Before you decide to buy, do you your homework, seek advice and ask questions. After all, it's one of the biggest purchase decisions you will ever make.

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Many factors determine down payments

TERESA CHIYKOWSKI
For Metro

If you are buying a home for the first time, how much of a down payment will you need to seal the deal? Generally, down payments will range from five per cent to 20 per cent.

The minimum down payment depends on a number of factors, such as the type of home, but it is at least five per cent of the purchase price of the home. For example, to buy a $300,000 home, you will need a minimum of $15,000 as your down payment.

It's important to know that if your down payment is less than 20 per cent, you will be required to pay mortgage default insurance. The insurance premium will vary depending on the percentage you have as a down payment. The higher your down payment, the lower your mortgage premium will be. Usually, mortgage default insurance premiums range from 0.5 to three per cent of the borrowed amount.

Yes, there is help out there

Although it can seem a little daunting to come up with a lump sum of money this large, you shouldn't despair if you are a first-time homeowner. The government offers incentives to help first-time homebuyers realize their dreams.

Home Buyers' Plan

If you are eligible, you can withdraw up to $25,000 tax free from your registered retirement savings plan to purchase or build a qualifying home. To qualify as a first-time homebuyer, you cannot have owned a home as a principal residence for four years before the date of the withdrawal of funds. If you use this plan, you will have to start repaying the amount two years after withdrawing the funds; the entire quantity must be entirely repaid within 15 years.

Home Buyers' Tax Credit

You are eligible to claim an amount of $5,000 for the Home Buyers' Tax Credit. This provides up to $750 in federal tax relief. You qualify if you have not lived in another home owned by you or your spouse or common-law partner in any of the four preceding years and you acquire a qualifying home.

To learn more about mortgages and down payments, visit the Canada Mortgage and Housing Corporation website (cmhc-schl.gc.ca).

If you are buying a home for the first time, it's important to find you how much of a down payment you will need. ISTOCKPHOTO/THINKSTOCK

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Simplifying your mortgage choices

Mortgages can be confusing business, especially if you have never had one. Fixed, variable, open, closed — what does it all mean? To demystify the topic, here is an overview of some of the language you can expect to encounter when you shop for a mortgage.

Conventional mortgage: Is equal to, or less than, 80 per cent of the lending value of the property. The lending value is the property's purchase price or market value, whichever is less.

High-ratio mortgage: Usually requires mortgage loan insurance because the down payment is less than 20 per cent of the home price.

Amortization period: The number of years it will take to pay back your mortgage loan, or the time over which all regular payments would pay off the mortgage. This is usually 25 years for a new mortgage, however, it can be longer (up to a maximum of 35 years). The longer the amortization, the lower the scheduled mortgage payments, but the more interest you pay in the long run.

Open mortgage: You can usually pay off part of or the entire amount of an open mortgage at any time without penalty. This can be a good choice if you plan to sell your home in the near future.

You have many different choices to make when shopping for a mortgage for your home. ISTOCKPHOTO/THINKSTOCK

Closed mortgage: You cannot prepay, renegotiate or refinance a closed mortgage before it matures, except according to its terms. You are locked into a specific payment schedule and a penalty usually applies if you repay the loan in full before the end of a closed term. This is a good choice if you would like to have a fixed monthly payment.

Variable-rate mortgage: The rate of interest may change if other market conditions change. This is sometimes referred to as a floating rate mortgage.

Fixed-rate mortgage: The rate of interest is fixed for a specific period of time.

Adjustable mortgage: Both the interest rate and the mortgage payment vary, based on market conditions.

When you are ready to shop for a mortgage, your lender can walk you through the options and help you make the choices that suit your budget and lifestyle. TERESA CHIYKOWSKI

TOP PHOTO GROUP/THINKSTOCK

Tips for saving money

1 Shop around for a mortgage. A 0.5 percentage point might not seem like much at the time, but it will save you thousands of dollars over the life of your mortgage.

2 Get a home inspection. If the home inspector identifies issues (e.g., poor insulation, leaky foundation) you might be able to renegotiate the purchase price to cover these repairs.

3 Shop for a lawyer. As with any service, legal fees can vary significantly. Consider using someone who specializes in real estate law since rates can be more competitive.

4 Put yourself on a budget and stick with it. There are a number of unforeseen costs that will arise and you want to be ready for them.

5 Forego mortgage insurance. You are farther ahead to increase the term insurance for the amount of the mortgage. The premiums are often less and the payout will be greater.

TERESA CHIYKOWSKI

New or resale pros and cons

Decision. Depending on your wants and needs, you will choose to buy new or resale

TERESA CHIYKOWSKI
For Metro

Resale or new? What's right for you?

You are financially and emotionally prepared to take the plunge and buy your first home. But what kind of home will it be — new or resale? If you are feeling somewhat conflicted, here are a few pros and cons that might help make the decision easier.

BUYING A NEW HOME

PROS

Customization/personalization: You usually have the opportunity to participate in the process of designing your property, which helps create a living space tailored to your tastes.

Fewer repairs: You have lower maintenance costs because everything is new and many items are also covered by a builder's warranty.

Latest building codes have been applied: Your new home will be up-to-date in terms of the latest electrical and energy-efficiency codes/standards.

CONS

Taxes: GST will apply. However, you might qualify for a rebate of part of the GST or HST on homes that cost less than $450,000.

Extra costs: Adding landscaping and upgrades such as hardwood floors, premium carpeting and granite countertops can drive up new home costs quickly. Make sure you know what's included in the price of your house.

A longer wait: If you are having a new home built be prepared for delays. In fact, you could wait up to a year — or longer.

There are pros and cons when choosing between new and resale for your new home. ISTOCKPHOTO/THINKSTOCK

BUYING A RESALE HOME

PROS

No GST/HST: You don't have to pay GST/HST unless the house has been renovated substantially. In this case, taxes will be applied as if it were a new house.

Easier access to services: Resale homes are usually in established neighbourhoods, which means you will be closer to services, schools and shopping.

More character: Older homes have architectural and design features not incorporated in most of today's new houses.

GOODSHOOT/THINKSTOCK

CONS

Renovation costs: You might need to redecorate, renovate or do major repairs such as replacing the furnace, fence, roof, windows and doors.

Mortgage default insurance: If your down payment is less than 20 per cent, you will be required to pay mortgage default insurance.

Energy costs: Older homes are less energy efficient. You may have to spend more money on heating or invest in extra insulation in your walls and/or attic.

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Put your spring back in spring

Eat fatty fish to make your skin glow. Purge your Facebook feed. Sex, stress, fitness and diet experts share their foolproof tips for starting afresh as Wednesday marks the first day of spring.

ROMINA MCGUINNESS
METRO WORLD NEWS

Eat oily foods for super smooth skin

Oils from salmon and herring have high concentrations of the omega-3 fatty acids DHA and EPA, which offers softer skin and minimize the appearance of wrinkles. Not fond of fish? Watercress, walnuts and flaxseeds are great plant-based alternatives. Cheryl Forberg, nutritionist for The Biggest Loser, recommends eating three to four grams per day.

Eat the right amount of calories at the right time

If you can't figure out how to space out your calorie intake, think, "three meals and two snacks," Forberg tells Metro. "Say you're taking in 2,000 calories a day. Divide this by four. This allows for three, 500-calorie meals and two, 250-calorie snacks."

Have a coregasm

"Any workout involving the core can be a powerful trigger, all you need to do is tap into your erotic tools: your body and breath. Sit-ups are great. Take in a long deep inhale and then as you exhale, crunch and contract the pelvic floor muscles. Hold that tension in your core. As you release, pleasure floods through you. Allow your body to jerk, shake or twitch," says celebrity sexologist Jaiya.

Negativity out, Honesty in

Celebrity Stress Coach Kristen K. Brown says spring is a time to ask yourself: "Am I doing what I should be?" If you're crabby all the time and constantly bitching could you be causing your own drama? Look at your Facebook and Twitter feed to see what you've been posting of late.

Outdoor workouts

Things like tennis, rollerblading, hiking, etc. become a much more viable option in the spring. You can also implement more activities of daily living. "Take morning or evening walks and ride your bike places instead of driving your car," suggests Joe Dowdell, Anne Hathaway's personal trainer and founder of Peak Performance.

Get your morning under control: from p.m. to a.m.

Most mornings you: scramble around looking for a pair of clean underwear and get to work (late) on an empty stomach, buzzing on caffeine. This frenzy sets the tone for the rest of the day.
"Doing more prep in the evening reduces stress," says Brown. "Pick out an outfit and have everything in one place so you can just grab and go." And, as you won't be lying in bed thinking about everything you need to do the next day, you'll sleep better. Bonus.

Sleep seven to eight hours a night

"As we sleep, the body repairs and regenerates itself," explains Dowdell. "But sleep also has a major affect on two key appetite-regulating hormones: leptin, that tells you when you're hungry, and ghrelin, that signals when you're full," he adds. Together, they work like a checks and balances system in the body: "When you lack sleep, your leptin levels drop and your ghrelin levels rise, causing you to crave sugary, high-carb foods. This imbalance can sabotage your diet."

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Headache remedies

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Stress is a big trigger for tension-type headaches. Other causes are hormonal changes such as menstruation, dental problems such as jaw-clenching, poor posture, skipped meals, fatigue, anxiety and depression.

Women are 15 per cent more likely to get headaches than men, with the incidence peaking in your 40s and declining thereafter.

In the current issue of Best Health, freelance writer Michelle Villett rounds up over-the-counter remedies to treat headache, and also found some natural ones. Natural remedies include:

Feverfew
This inhibits inflammation so the blood vessels don't spasm so much, according to a naturopathic doctor we consulted. Some studies show that people who take it over time have fewer and less severe headaches.

Butterbur
It's been shown to reduce headache frequency.

Magnesium glycinate
This form of magnesium (that won't cause diarrhea) could be a good choice because it relaxes muscles.

You can also look for relief by massaging your temples with a topical product that has cooling properties. Dilute peppermint essential oil in a carrier oil like olive or coconut, or use a menthol- or camphor-based balm such as Tiger Balm.

The cooling can confuse the perception of pain, and menthol can have a relaxing effect as well as anti-inflammatory properties, which can help relieve pain. For the full article, pick up the March/April issue of Best Health, on newsstands now.

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A few natural remedies have shown to help with headaches. ISTOCK IMAGES

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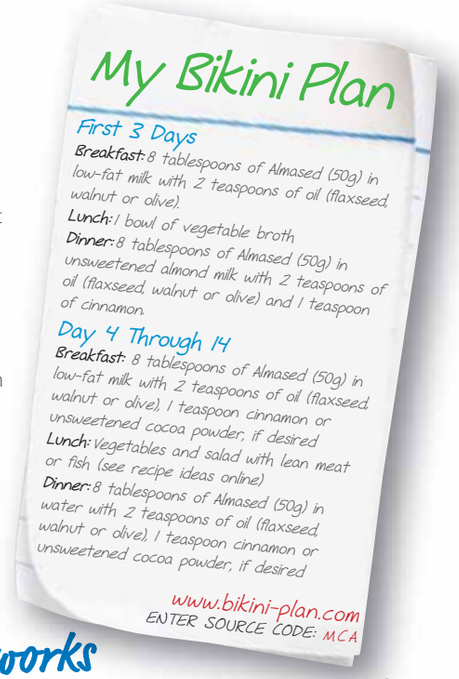
My Bikini Plan
First 3 Days
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).
Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
www.bikini-plan.com
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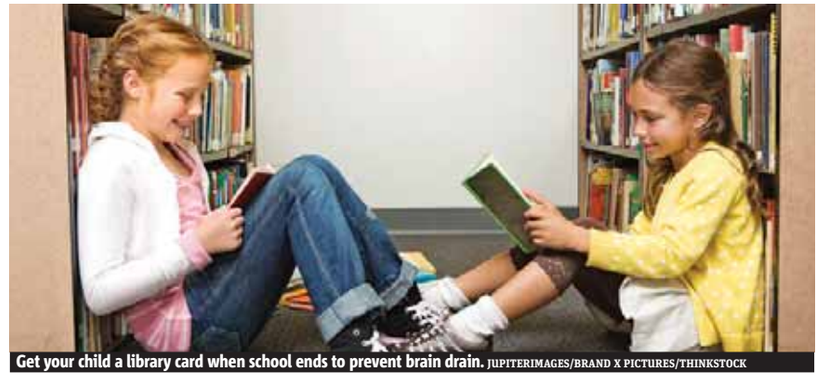
Drop everything and read on a daily or weekly basis this summer. ISTOCKPHOTO/THINKSTOCK


Get your child a library card when school ends to prevent brain drain. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

Turn the page on summer brain drain

Instruction. Find programs that will help your child retain what they have learned

With summer vacation looming, students dream of lazy afternoons free from the demands of school. While people tend to idealize summer vacation as a time for relaxation, trips to the beach, and afternoons by the pool, the drawbacks of summer vacation often go unnoticed.

During the long weeks of summer vacation, students of all stripes lose much of what they learned in school the previous year: On average, student lose nearly three months of grade level equivalency in math each summer. Each year, teachers have to spend four to six weeks re-teaching material that students have forgotten.

A report from the RAND Corporation shows that average summer learning loss in math and reading is one month of grade level equivalency each year. Moreover, this loss is cumulative, meaning that by middle school, students are often half a year behind where they should be.

This news shouldn't come as a great surprise. After all, we would expect an athlete or a musician's skills to rust if they took a two-month break from practising. Academic skills are no different from any other skills — if we don't use them, they go away.

"We cannot afford to spend nearly 10 months of every year devoting enormous amounts of intellect, energy, and money to promoting student learning and achievement, and then walk away from that investment every summer."

But the good news is that we don't have to. According to the RAND report, good summer programs with individualized instruction, parental involvement, and small classes can prevent summer learning loss.

Here are some ways you can combat summer brain drain:

Pre-summer conference

Before the end of the school year, schedule a conference with your child's teacher or engage in an email discussion. Ask what your child's weakest areas are and what he needs to do to get ahead for the following school year. Your child's teacher can likely offer unique and useful insights into your child's academic skill set.

Love your library

Help your child get a library card, find out if there are any local book clubs for your child's age range, and sit down with your child to create reading goals for the summer. Ray Bradbury, the recently deceased science fiction author, claimed to have been educated entirely by his public library. Studies have shown that reading just five extra books over the summer can help prevent losses in reading skills.

Start family D.E.A.R. time

D.E.A.R. stands for "drop everything and read. "The organization holds an annual "D.E.A.R. Day," but many schools hold D.E.A.R. time (also known as silent reading time) on a daily or weekly basis. Create a time every day for everyone in your family to "drop everything and read." For suggested titles, check out the D.E.A.R. website.

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Forget Gatorade, just pop a Medjool Date Ball

This recipe makes about 18 balls. NATURAL DELIGHTS MEDJOOL DATES

THERESA ALBERT
myfriendinfood.com

As a new runner, I am on a mission to find a way to support my exercise without drinking and eating processed and sugar laden energy packs and sports drinks.

What I have discovered is that I do need a pre-run, low glycemic index, nugget of a power snack.

Then I found that these Medjool Date Balls were the perfect thing to keep in my purse to perk me up from any 3 p.m. slump or high demand, low energy day.

Psst ... kids like them too!

1. Pulse almonds in a food processor until coarsely ground. Transfer to a bowl.

2. Pulse dates in food processor until almost smooth, adding up to 3 tbsp (45 ml) water as needed to help blend.

Ingredients

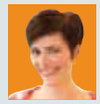
- 1 cup (250 ml) raw almonds
- 16 Natural Delights Medjool Dates, pitted
- Water, for blending
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/3 cup (75 ml) raw almond butter or coconut butter
- 3 tbsp (45 ml) cocoa powder
- 1 tsp (5 ml) ground cinnamon

3. Add almonds back to food processor with coconut, almond butter, cocoa powder and cinnamon and pulse, scraping down mixture in bowl with a wooden spoon as needed until completely incorporated.

4. Transfer to a large bowl. Scoop mixture into 2 tbsp (30 ml) balls, rolling with your hands; place balls on a parchment-lined baking sheet. Cover and refrigerate. **RECIPE COURTESY OF NATURAL DELIGHTS MEDJOOL DATES**

Health Solutions

Start dating again

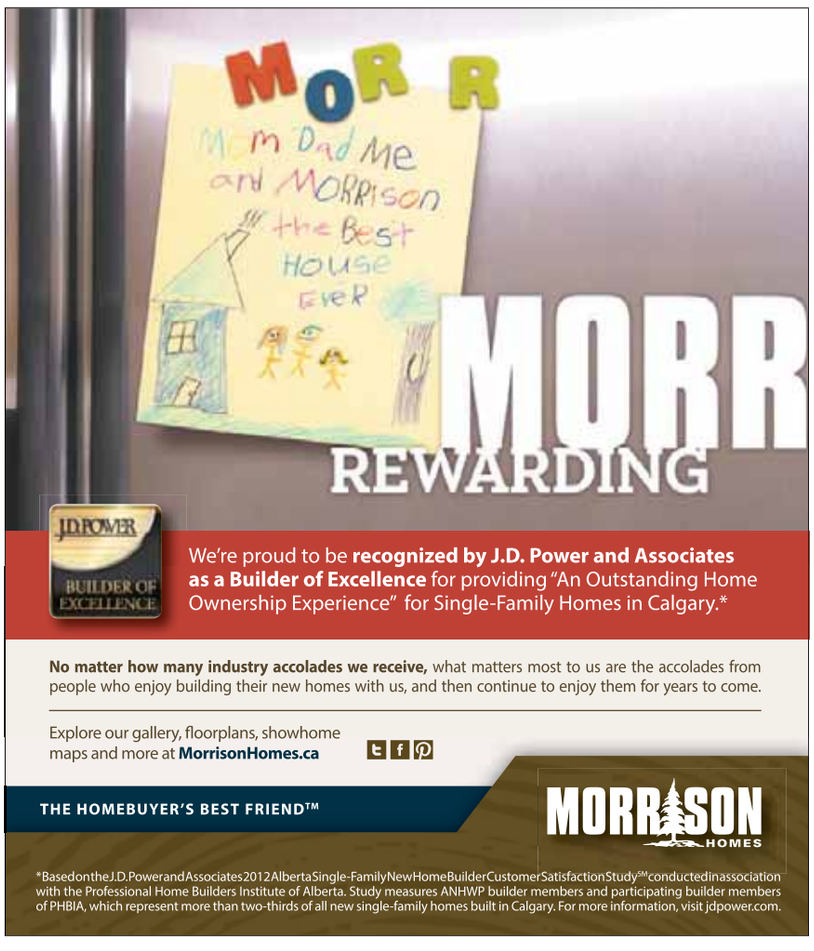


NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once the manna of hikers and hippies, dried fruits are showing up everywhere. They are the perfect glucose nuggets for pre-workout or quick energy during a long run, but they are also a portable simple snack and a little goes a long way. Some ways to get the benefits of these high mineral foods are:

- Medjool dates are actually a fresh fruit since they don't go through a drying process. Purée and roll into balls along with nuts and cinnamon for an excellent appetizer or accompaniment to a cheese platter. They are a great ingredient in loaves as they add anti-oxidants along with sweetness.
- Dried figs can be sliced in half, spread with goat's cheese and lightly baked and then drizzled with balsamic for a stunning appetizer.
- Dried papaya contains papain with is a natural digestive enzyme. Many with stomach issues find it soothing. Chopped into salads and stews, they add a zing of sweetness. Think about simmering them with water, fresh ginger and a splash of sherry for chutney that will make any turkey sandwich sing. The only thing to keep in mind is that dried fruit is a source of concentrated calories, so a little is all you need.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM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*Based on the J.D. Power and Associates 2012 Alberta Single-Family New Home Builder Customer Satisfaction Study℠ conducted in association with the Professional Home Builders Institute of Alberta. Study measures ANHWP builder members and participating builder members of PHBIA, which represent more than two-thirds of all new single-family homes built in Calgary. For more information, visit jdpower.com.

Easy and low fat — it doesn't get any better

NATALIE RICHARD
YummyMummyClub.ca

I love this Cranberry Muffin recipe because it is so easy to make and on top of being healthy and low fat, the muffins are not too sweet.

They make a perfect afternoon snack or even a morning delight.

1. Preheat the oven at 350 F.

Ingredients

- 1 cup of all purpose flour (I like unbleached organic pastry flour)
- 3/4 tsp baking powder
- 1/4 tsp baking soda
- 1 pinch of salt
- 1 tbsp butter
- 1 egg, beaten
- 1/2 cup maple syrup
- 1/4 cup plain yogurt (2% or non-fat)
- 1/2 Granny Smith apple, grated
- 1 cup fresh cranberries

This recipe makes 12 muffins. NATALIE RICHARD OF YUMMYMUMMY.CA

2. Butter or spray muffin cups with non-stick cooking spray.

3. Mix flour, baking powder, baking soda and salt together.

4. Incorporate the butter and mix in the beaten egg, maple syrup, yogurt and grated apple.

5. Fold in the fresh cranberries and spoon the batter evenly in the muffin tins. Bake until done, about 20 minutes. You can test to see if they're done by sticking a toothpick into the centre of a muffin. If it comes out clean, pull out of oven, let cool on wire rack and enjoy. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

Is there something in our brains that can help explain love? ISTOCK IMAGES

Trying to explain love with science

Book. Author looks into our genetic tendencies when it comes to matters of the heart

HEIDI PATALANO
life@metronews.ca

Science has told us so many definitive things about the way our world works, but matters of the heart are still largely a mystery, no matter how much study has been dedicated to figuring out how the human brain operates when in love.

Just ask Kayt Sukel, author of Dirty Minds: How Our Brains Influence Love, Sex and Relationships. Sukel investigated a wealth of neurological studies meant to suss out our genetic tendencies when it comes to mating, but her inspiration to do so came from a very relatable place.

"I was looking for the same thing that anyone with a broken heart trolling the self-help aisle was," she says. "I was looking for some actionable advice — something that sort of made sense and really explained what love was. That's not exactly what I found. I didn't find those 'five ways to make him love you.' I didn't find any rules."

Disappointing? Sure. Sukel says that so many factors can affect the brain's behaviour that it's close to impossible to come up with any hard-and-fast rules of human behaviour when love is involved.

"I found that our brains are plastic, love relationships are complicated even down to the cellular level and whenever you introduce all of these variables together, you get a different situation every time," Sukel says.

But there is one bit of validation Sukel found that will be useful to any woman who has been the victim of infidelity.

"There's this whole camp that says that men are built to cheat," Sukel says. "That it's just their evolutionary strategy, but we've evolved also with this huge frontal lobe and of course that's the centre of decision-making and morality. We've come a long way from the idea that our biology compels us. There's always a choice."

Q&A

Which animal is the closest to humans in terms of mating?

- "A little rodent called the prairie vole," Sukel says. "Not only do they pair-bond for life, but they're also alloparentals — which means that both the moms and dads take care of the babies. They're the best model we have to study these kinds of behaviours, especially in terms of looking at the brain and what's going on there in terms of neurochemical genetics."

Feeling a bit of social anxiety? Learning to initiate conversation is an important skill. ISTOCK IMAGES

Feeling out of your comfort zone at parties? Smile.

I hate going to business and social events, parties etc. because I can't deal with having to make small talk and initiate conversation. As a famous butler do you have any words of wisdom for me?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Recently I was introduced to a new book. Well, it's not that new. It's been in print since June 2001. It's called How to Start a Conversation and Make Friends by Don Gabor.

To be honest I thought of it as one of those "self help" books that would not really teach you very much. But I was wrong. It's a great little book! Learning to initiate conversation is important to us all and this is where the book does well. Standing tall, smiling, facing the person you are speaking to and understanding some basic body language that you and others give is just a few of the tips from the book.

The most important issue here is that this is just a good little guide for you and your family to practise listening and introducing yourself.

For Canadian families, the canine is king

Would you sooner kick your snoring spouse, or your snoring pooch, out of the bedroom? Do you celebrate your pup's birthday? Is your dog included in family photos?

As a recent Purina Dog Chow Family Poll uncovered, one thing is certain: Canada's four-legged friends are cherished members of the family.

Across the country the feeling is unanimous. Families do not feel complete without their canine companions, and the family dog is rewarded handsomely for it.

More than one-third of respondents (37 per cent) would sooner kick their spouse out of the bedroom for snoring than their dog; half of respondents (51 per cent) say their dog sleeps with them in bed; 61 per cent acknowledge their pup's birthday; 85 per cent include their dog in family photos.

Not only do our furry family members have upgraded sleeping arrangements, but the majority of pet owners wouldn't think about planning a trip (91 per cent), or making weekend plans (87 per cent), without considering their dog in the preparations. And to make their family status official, two in five dogs adopt their family's last name.

"It doesn't come as a shock that Canadians feel this way about their family pet," said Jill Priest, a dog behaviourist and trainer. "Dogs have evolved from work companions, to full-fledged family members who provide unconditional love and teach us a sense of responsibility."

NEWS CANADA

Dogs are a cherished member of the family. Often, they're the ones that call the shots. ISTOCK IMAGES

Raise money. Crowdfunding for businesses would give investors stake in company

Crowdfunding would allow small investors to help get companies off the ground. ISTOCK IMAGES

Social media wants to meet up with corporate finance on the Internet to let startup and small businesses raise money online.

It's called equity crowdfunding — different from Kickstarter which funds creative projects like movies, games or music — because it would give these online investors shares in a company.

CEO and president Chad McMillan of Canada Gold Corp. (TSXV:CI) said equity crowdfunding would bring in more investors contributing smaller sums of money, spreading the risk.

"Crowdfunding is an innovative technique using modern technology that provides an opportunity to do that," he said in an interview.

He said it would help democratize investing, allowing small investors to help get companies off the ground.

"I believe there are people who would love to have access to those opportunities as opposed to it just being reserved for the distinguished few."

McMillan said publicly traded junior mining companies such as his own, startup technology and resource companies and any number of businesses would benefit.

"Many companies are finding it quite difficult to access and raise capital to advance their projects or their ideas," said McMillan, whose company is based in Vancouver.

THE CANADIAN PRESS

Laying the groundwork

- Equity crowdfunding is already allowed in Australia, United Kingdom and the Netherlands. Italy is implementing it and the United States also has laid groundwork for it.
- In Canada, a number of provinces are looking at it, including Quebec, Alberta and Ontario.

Five taxing tax myths

Alison on Money.
Fact or fiction: what do Canadians believe when it comes to tax time?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Do Canadians have a few wrong ideas about their taxes? ISTOCK IMAGES

Income tax is complex and, I suspect, deliberately confusing. After all, filing returns employs an entire profession. Not surprising then that Canadians have many wrong ideas about their taxes.

These five myths, culled from H&R Block's free online question and answer service (hrbtaxtalk.ca), can run you afoul of Ottawa or cost you money.

1. I earned less than the $10,822 personal amount so I don't have to file a tax return.
Even if you did not earn more than the $10,822 personal amount and have no other deductions, neglecting to file a tax return may cost or reduce benefits such as the quarterly GST/HST payment or the Ontario Trillium, Quebec Solidarity or Child Tax benefits. Seniors may be entitled to the Guaranteed Income Supplement.

Note: If you have had tax withheld, the refund depends on you filing a return.

2. I can claim a flat rate amount for business mileage.
Self-employed Canadians must keep a logbook to calculate the auto expenses for their business. "You can track your mileage for a year to create a baseline," notes H&R Block senior tax analyst Cleo Hamel, "then the next year track a three week period and if it's the same, you use it for the whole year. But be detailed."

3. Child support is a tax deduction.
Unless your agreement is dated before May 1, 1997, child support payments are reported on your tax return but are not a deduction or included in income.

Note: spousal support payments are tax deductible, however, and considered income.

4. If I work outside of the country, I do not need to file a tax return.
It's all about residency. If you are working outside the country but retain substantial residential ties to Canada, you will be required to file a Canadian tax return.

Note: you can give up residency and have it reinstated later. But it can be complicated. Check out cic.gc.ca/english/citizenship/renounce.asp.

5. Mortgage interest is a tax deduction.
Unlike the U.S., only self-employed Canadians working from home can claim a percentage of mortgage interest as a business expense. "A lot of our confusion about this comes from our close connection with the U.S. and watching American television," says Cleo Hamel.

Tax filing software will steer you clear of most myths. Be sure to file even if you don't have a taxable income.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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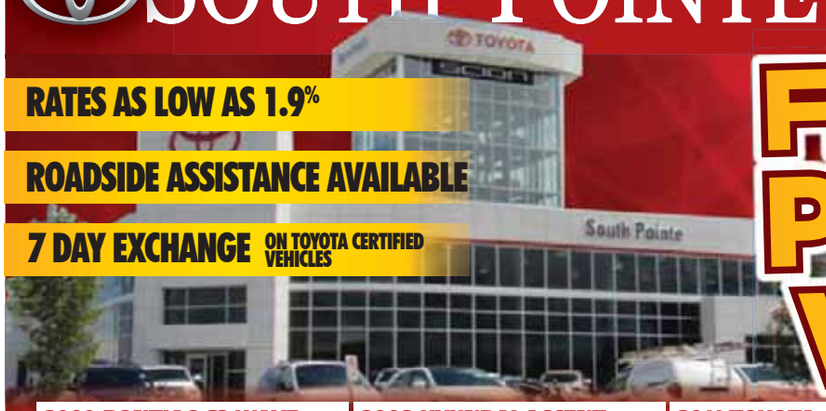

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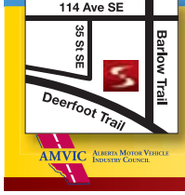

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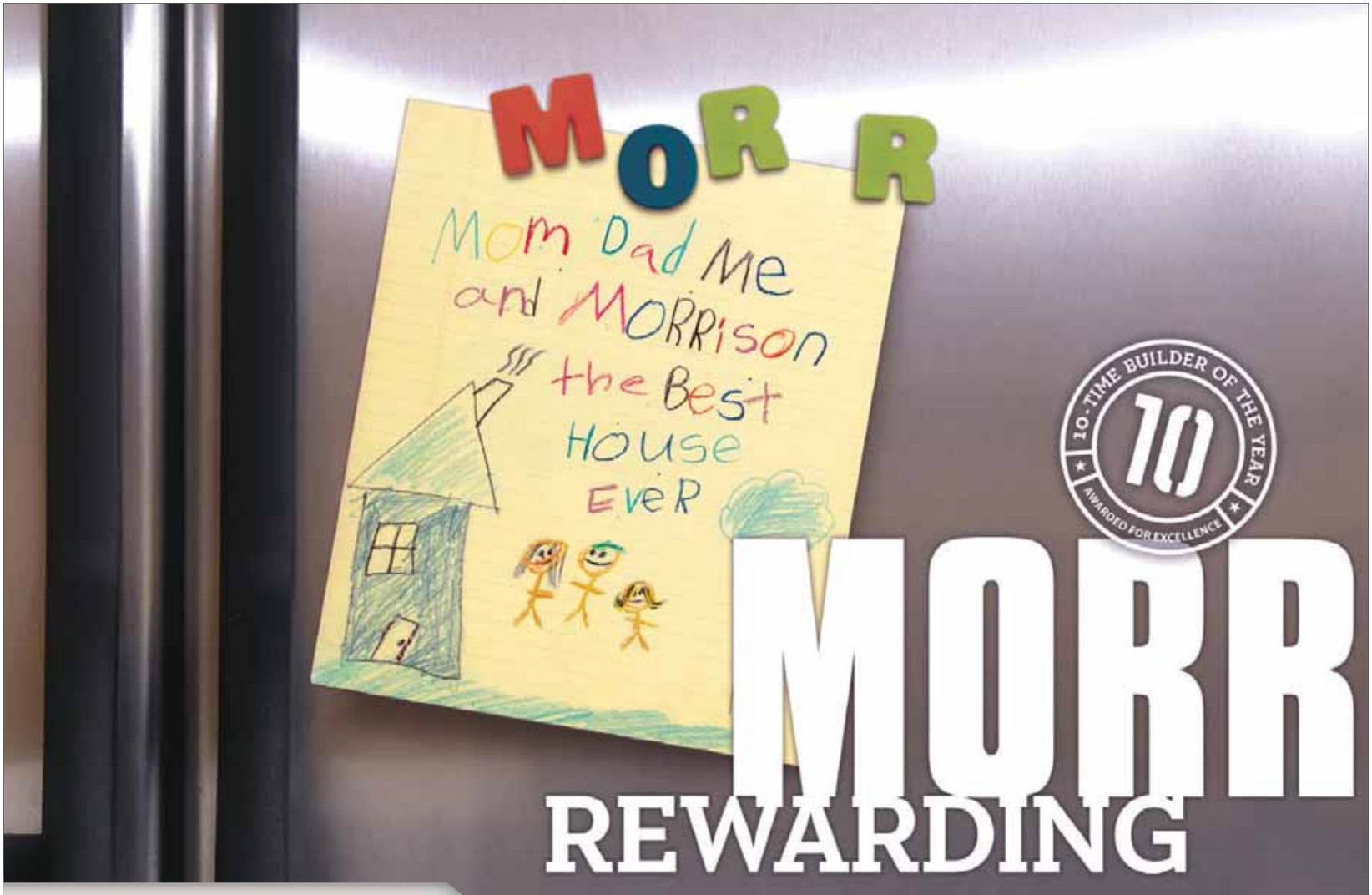

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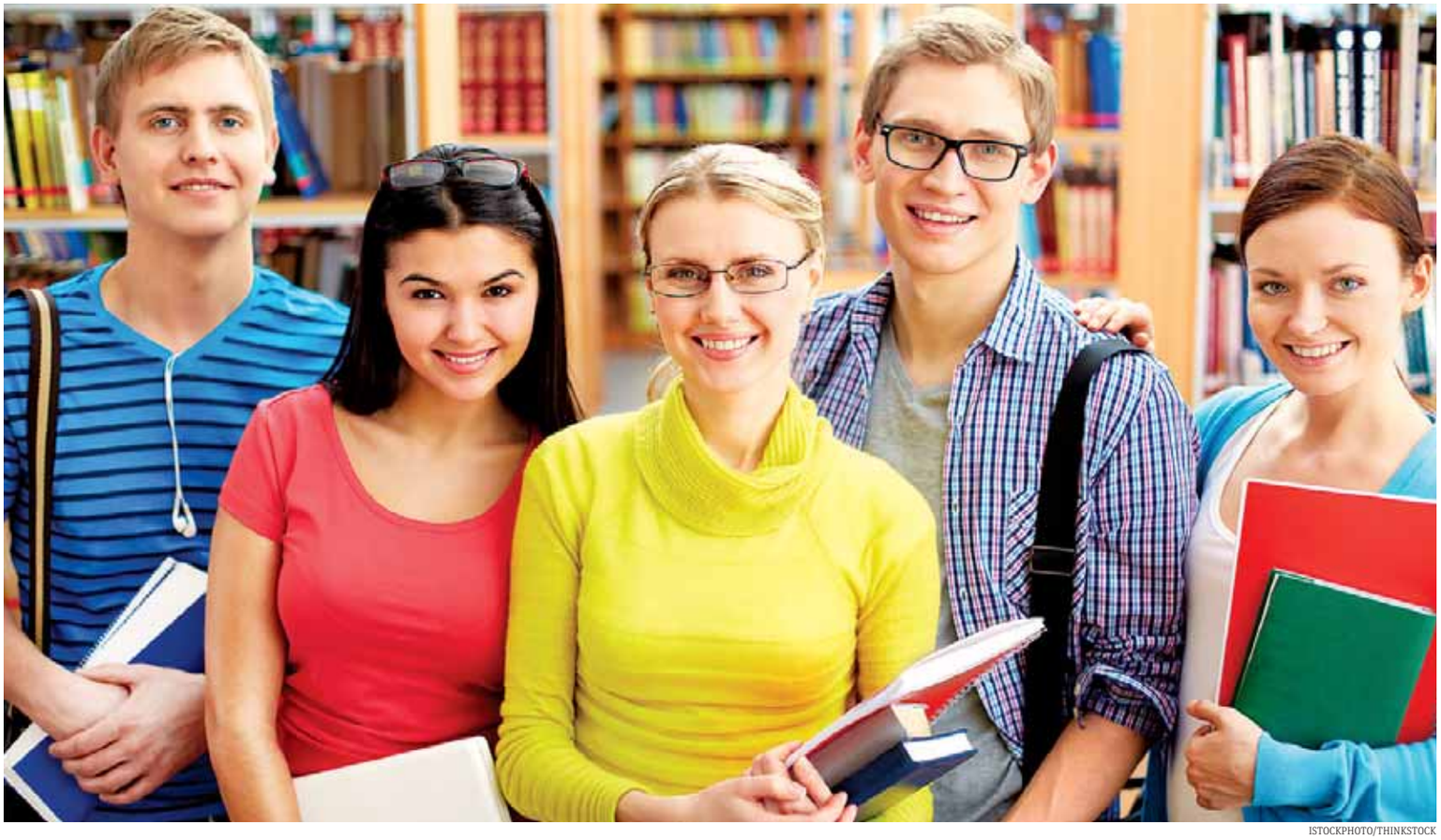

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YOUR ANSWERS FOR EXAM PREP

It's almost that time of year that all students dread — exam time. The time of year where students go into hiding, cramming and stressing for those final exams that are just around the corner.

Take the pressure off this year and prepare for those exams and final projects a bit earlier and save yourself the headache.

The first and most important tip for preparing for an exam, or even exam season, is to make sure you get plenty of rest. If students are not resting properly, they lose the ability to focus on the task at hand.

There is nothing worse than going over material a thousand times, but not being able to fully take it in because you are too tired to comprehend it. A shorter amount of study time where you are completely focused is always better than double that time where you are only partially focused.

Next, start preparing early. Don't leave the exam preparation to the last minute.

By reviewing course material right after the class or at the end of each day, you may be able to retain the information better.

Third, set realistic study goals.

By breaking up course materials into smaller study sections, getting through the material will seem more achievable and less likely to cause you exam stress.

Next, get comfortable. Find an environment where you are free of distraction and can work comfortably.

Also, get some exercise. Getting out of the house or place of study and getting some form of exercise will help refocus your energy for when you get back to the books. Exercise may also help you feel more tired at the end of the day and may lead to a better sleep.

Finally, take good care of yourself. With proper rest, exercise and also diet, avoid illness or stress-related issues by making sure you are in your best mental and physical state when entering into exam season.

– Candice Ward

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HANDS-ON LEARNING

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MH VICARS SCHOOL OF MASSAGE THERAPY PHOTO

Going back to school as an adult can be daunting, and not just because it means a return to teachers, textbooks and notes.

For mature students, training for a new career also means having to fit school into a schedule that's already packed with work and family responsibilities.

For more than 10 years, MH Vicars School of Massage Therapy has been helping mature students transition to a more satisfying career without having to give up their current lives.

Its independent learning approach — which blends in-class instruction with directed home study — allows students to balance full-time school with full-time life.

"The old model of being in class Monday to Friday just doesn't work for many adults," says Roberta Brosseau, executive director.

"Independent learning is a flexible and affordable way for our students to begin a new career without putting their life on hold."

MH Vicars School offers a two-year, 2,200-hour diploma in massage therapy, with advance placement into second year for qualifying therapists who want to upgrade to current national standards.

The school's graduate employment rate is consistently greater than 95 per cent, and alumni work in places like health centres, spas, and sports medicine clinics.

Many open their own massage therapy clinics.

For more, visit mhvicarsschool.com.

ST. MARY'S FOCUSES ON BUILDING RELATIONSHIPS

As part of its commitment to successful transition to university study for students, St. Mary's University College has been working closely with high schools in the Calgary area.

Its message to students, parents and counsellors is that St. Mary's is a dynamic university with competitive tuition rates, including free, on-campus parking, and degrees that are fully accredited by the government of Alberta.

"We hear a lot about the high cost of post-secondary education and about difficulties accessing university programs and courses," says Bob Hann, vice-president, student services at St. Mary's University College.

"At St. Mary's, we are focusing on building relationships and partnerships with Calgary area high schools and school districts, delivering specific information directly to targeted high school classes, increasing opportunities for students to visit our campus, and sharing details about our world-class quality and affordability."

ST. MARY'S UNIVERSITY COLLEGE PHOTO

Students who attend St. Mary's receive high-quality teaching in small classes with personalized attention where professors know them by name.

While many institutions are examining the number of seats they can make available each year, St. Mary's is not cutting seats or restricting admissions to programs. The university continues to grow in both programs and applications.

St. Mary's is currently experiencing a 20 per cent increase in applications compared to this time last year.

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ACHIEVE YOUR CAREER GOALS

AT HASKAYNE

For those looking to start a new career or move up the ladder in their current careers, an MBA from Haskayne School of Business can help you achieve your career aspirations.

At Haskayne, students can ignite or launch their careers through either the full- or part-time MBA program and go on to a variety of different careers.

Despite popular belief, MBAs are not all about banking and management consulting, but are a valued commodity across every industry. In Calgary, students are able to connect with a vast range of industries, including the energy and financial sectors. With many head offices of companies that drive Alberta's growth based in Calgary, Haskayne's students have the unique advantage of utilizing this important network while completing their studies.

According to the 2012 graduate survey, 85 per cent of Haskayne's MBA graduates were employed within three months of graduation. Among those who were employed, students were receiving salaries ranging from $89,000 to $220,000, an average increase in salary of about 45 per cent (from pre-MBA to post-MBA).

Graduates of this program have gone on to careers in, but not limited to, top-tier management consulting positions, marketing, advertising and product management roles in addition to financial services, capital markets and resource management.

Each of the programing options at Haskayne speak to the different needs of the students. The full-time MBA program is great for students looking to start a new career and fully immerse themselves in the program. The part-time MBA program is ideal for those who are perhaps looking to stay within their current place of employment, but are looking to add more skills to their resumé. It is perfect for those who are working full time since the campus is conveniently located in the downtown core of Calgary.

APPLICATIONS

Applications for the September intake are now being accepted. To speak to an admissions adviser, call Micheline Campanaro at 403-220-3808.

To learn more about the MBA programs available at the University of Calgary Haskayne School of Business, visit haskaynemba.ca.

Faculty-student interaction — something for which Mount Royal is renowned — can make a powerful difference in the life of a student.

It's no wonder so many Mount Royal students go on to make a difference in the lives of others.

FIND YOUR PATH HERE.

mtroyal.ca

MOUNT ROYAL
UNIVERSITY
1910

TIME TO REACH YOUR POTENTIAL

WITH UPGRADING COURSES AT MOUNT ROYAL UNIVERSITY

If you are looking to apply to upcoming post-secondary programs, but are finding you need to improve you grades to qualify, Mount Royal University has an academic upgrading courses to help you reach your potential.

Academic upgrading courses at Mount Royal University are non-credit high school equivalent courses that are accepted for admission to all post-secondary programs in Alberta.

"Take them to improve your high school grades, pick up courses you may have missed in high school or refresh your skills if you have been away from school for a while," says Jana Wyber, the program manager for academic upgrading and open studies.

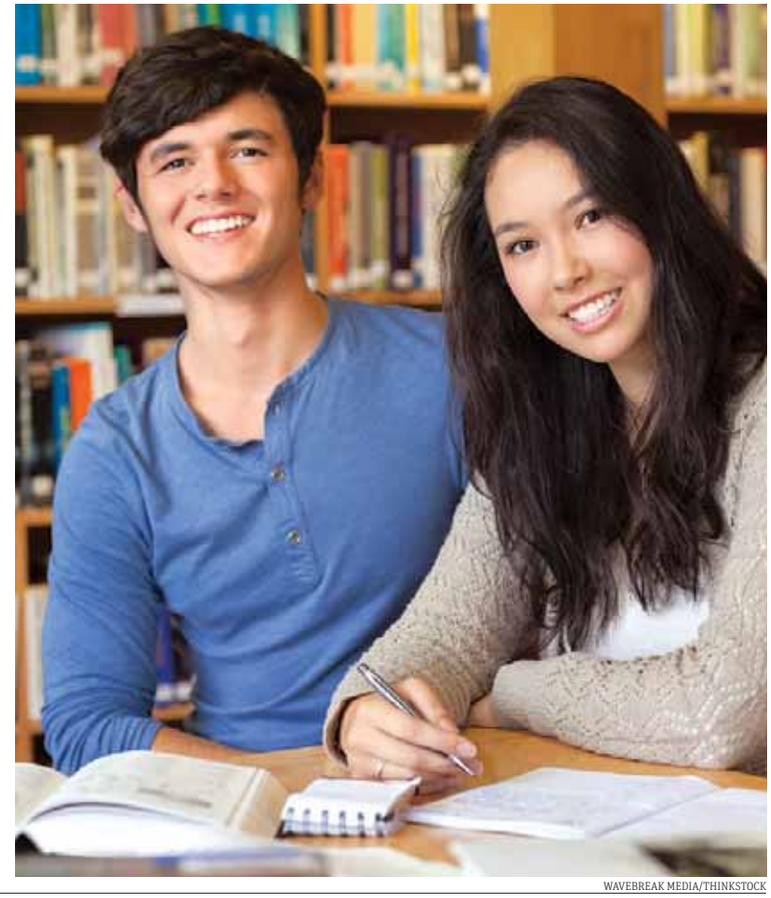
Mount Royal offers courses at the Grade 12 level in English, social science, biology, chemistry, physics, and mathematics.

Some of these courses are also offered at the Grade 11 level.

These courses can only be presented for admission purposes to Mount Royal University, the University of Calgary or other post-secondary institutions in Alberta, but are not eligible for Alberta education high school graduation, credit or transcript purposes, Wyber says.

Courses are offered in the fall, winter and spring semesters. No courses are offered in July and August.

For more information visit mtroyal.ca/open, email open@mtroyal.ca, or phone 403-440-6282.



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ABM SPECIALIZES IN HEALTH-CARE FIELD

ABM College is answering the call to offering the programs for which students and employers are looking.

"Our programs and graduates are in demand on the job market," says Dr. Mohammed Baten, president of ABM College.

ABM is a college that specializes in the health-care and the business sectors.

It offers programs that lead to government approved diplomas that take less than a year to complete in health-care aide, medical office assistant, massage therapy, accounting and payroll, business administration.

To accommodate students with a busy schedule, ABM offers flexible schedules that include evening and weekend classes. Moreover, ABM offers flexible start dates with new classes starting almost every month. A practicum is also a component to all programs.

"Our teaching faculty is made up of experienced teachers that have several years of experience in their field," Baten says.

"We keep small groups to facilitate the interaction between teachers and their students."

ABM offers employment assistance and resumé writing to its students to ensure they are prepared to step out of the classroom and into the workforce.

For more information about ABM College and the programs it offers, visit abmcollege.com or call 403-719-4300.

PRESTIGIOUS HONOUR FOR ACADEMY OWNER

A commitment to accessible education has earned Audrey Brattberg, owner/administrator of Academy of Learning and Digital School career colleges, the prestigious Queen's Diamond Jubilee Medal.

She was awarded this medal for her significant accomplishments in educating Albertans over six decades.

Aside from her work on the provincial and national level to expand opportunities for students of all backgrounds, Brattberg was one of the first female junior high administrators with Edmonton Public Schools before taking up the challenge of post-secondary education.

To Brattberg, employment success comes from providing students with a variety of diploma and certificate programs in industries where skilled employees are in demand.

At the Academy of Learning, students can train for careers in the main areas of health care, office administration, accounting, IT and web design in less than a year. Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

With its Integrated Learning System, students have the freedom to customize their schedules to fit their lives, whether that is a full-time job, family, or other commitments.

And there is no need to wait until September to start since intake is continuous.

For more about the Academy of Learning, visit academyoflearning.ab.ca.

Audrey Brattberg

CONTRIBUTED

HASKAYNE School of Business | MASTER OF BUSINESS ADMINISTRATION

UNIVERSITY OF CALGARY

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Haskayne MBA graduates enjoy an average increase in salary of 35% when they complete the program.

Nauman A. MBA 2011
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HASKAYNE.UCALGARY.CA/MBA

INVEST in YOU

Photo credit: Riley Brandt/University of Calgary

LAUNCH AN EXCITING CAREER

AT COLUMBIA COLLEGE

COLUMBIA COLLEGE PHOTO

For those looking to make a difference in the lives of others, a career in human services is a great place to start.

Train for a career in human services through either a certificate or diploma from Columbia College.

"A human services diploma is listed equally with degrees in many job opportunities, and so the scope and challenge of the work is quite exciting," says Felicity Foster, chair, human services professional department at Columbia College.

"This program provides a starting point in multiple areas."

Columbia College has recently added two new courses to the human services program. These include a course at the certificate level that focuses on leadership, team building and conflict resolution. The second new course is at the diploma level and focuses on an introduction to career development.

Throughout the human services program, students will receive individualized attention from committed, dedicated facilitators who are leaders in the field.

"If a student is passionate about working with people and wants to make a difference in the lives of others, then this is the right place and program to launch a rewarding career," Foster says.

For more information about the human services professional program at Columbia College, visit columbia.ab.ca.

DIGITAL SCHOOL CAN BOOST YOUR JOB SKILLS

Job prospects for computer-aided design professionals are looking good in Alberta's market, according to Brady Sylvester, assistant manager of Digital School.

"We're seeing more and more employers contacting us, looking for graduates to fill positions," Sylvester says. "The market is getting tighter and tighter for firms needing specialized skills like computer-aided drafting (CAD)."

Sylvester says a January labour force report shows an unemployment rate of only 4.5 per cent in Alberta. He says that doesn't mean it is easy to just get any job, but employers are looking for trained and skilled employees to fill these openings in these high-demand CAD careers.

At Digital School, train in the skills that employers are looking for through the online, part-time computer-aided drafter certificate. Students of this program will receive the same instruction as the students in the six-month, full-time, in-class program, but over a span of 12 months.

ISTOCKPHOTO/THINKSTOCK

Digital School also offers a number of full-time CAD programs that are less than one year in length at the Edmonton campus. CAD courses include computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization. The next intake for Digital School will be April and applications are now being accepted.

To speak with an admissions adviser or to learn more about Digital School, call 780-414-0200, or visit digitalschool.ca.

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DEDICATED TO SUCCESS OF STUDENTS

MOUNT ROYAL UNIVERSITY

For some students, the overall quality of the student experience is what draws them to a particular school.

For Taylor McLeod, Mount Royal University offered him the strong business program he was looking for, along with the chance to be a part of a team in the Mount Royal athletics program.

"I wanted to pursue a business degree at a university where I could also play hockey at a high level, and Mount Royal was the perfect fit," McLeod says.

McLeod is working towards his bachelor of business administration with a major in general management.

He is happy to have chosen Mount Royal because of the commitment of the professors and coaches and the passion they exude.

"I love going to Mount Royal because I feel I am a student, not just a student number," McLeod says. "It's not uncommon to walk through the hallways here and have a teacher from years past still greet you by name."

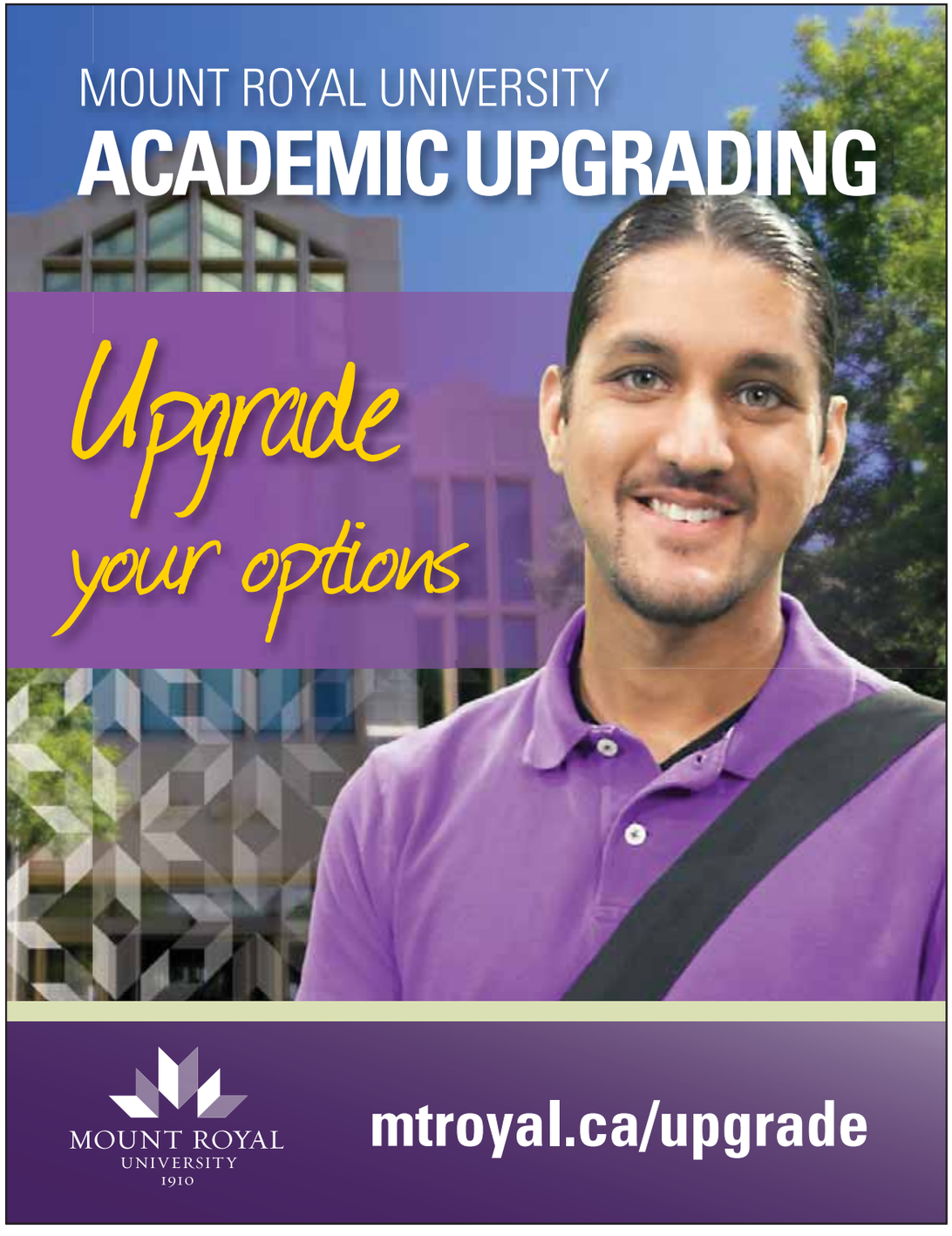
And McLeod is not the only student to experience this. Mount Royal scored an A in student/faculty interaction in a medium-sized university in the 2013 Canadian University Report put out by the Globe and Mail in October. Mount Royal also scored an A+ in the class size category, an A- in the most satisfied students category, an A in recreation and athletics, and an A in quality of teaching and learning.

McLeod says he also appreciates Mount Royal's emphasis on experiential learning, including co-op placements and internships. "Nothing educates quite like real-life work experience.

"I enjoy the BBA program because it offers the core business expertise needed, but also allows me to explore my interest in entrepreneurial studies that I will apply to my own company."

Mount Royal has been dedicated to the success and satisfaction of students for more than a century.

For more information about MRU, visit mtroyal.ca.



MONEY MATTERS FOR STUDENTS

ISTOCKPHOTO/THINKSTOCK

Not every 18 year-old, or even more mature student, has a few thousand dollars just laying around.

So when the decision is made to pursue post-secondary education, students are always left with the problem of how to fund their new endeavour.

Sure, rich or smart-planning parents who have saved money for you since you were born always helps, but most students don't have that luxury and are stuck searching for ways to pay for their education on their own.

Thankfully, students in Canada have a number of options when it comes to paying for their education. Aside from using money already saved, there are a number of scholarships, bursaries and grants that are available to students through a number of different sources.

One of the first places to start searching is your school's website. Many institutions have links to scholarships and grants available for their students. It may take some digging around and a few applications to fill out, but these are great ways to chip away at the thousands of dollars for tuition, books and even cost of living.

Part-time jobs are also a great way to supplement your income while in school. A great way to make use of your part-time job is to look for employment in the field where you are studying since it will give you a feel for the industry you are hoping to get into.

Looking for a part-time entry-level job in an organization where you are hoping to work after your post-secondary education is a great way to get your foot in the door and make connections.

Finally, when looking to fund your education, seeking out loans is the most common way to secure funding. Places such as your bank or Canada Students Loans are available to help you with your journey to higher education. *– Candice Ward*

LOANS AND GRANTS

Canada Student Loans can be applied for through its website (hrsdc.gc.ca/eng/learning/canada_student_loan/index.shtml). You can also apply for grants, money you won't have to pay back. You may also discover that you are eligible for bursaries you didn't know were available to you.

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ACCOUNTING UNIFICATION

TRADITIONAL GROUPS COMING TOGETHER FOR BETTER SERVICE

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The accounting world is changing in Canada and you have a unique opportunity to be part of a new pre-eminent professional designation.

The chartered professional accountant (CPA) education program combines the best of the traditional three accounting designations — CMA, CGA and CA — to create a powerful career path respected around the world.

CPA Canada is a result of the traditional groups coming together to establish new professional benchmarks to better serve the needs of industry, government and the public interest. Business will be confident knowing they have hired a well-trained financial authority, and graduates will display a desirable skill set of technical and strategic tools.

Unification is happening across Canada. In Alberta, while a new legislation is being worked on, a new prerequisite program to give university grads the requirements they need begins this August, followed in 2014 by the new professional program.

Join CMA Alberta for an information session and find out how you can be part of Canadian accounting history. RSVP to yourpath@cma-alberta.com, visit cma-alberta.com, or call 1-877-CMA-2000.

NHL

Ducks extend star forward Perry

The Anaheim Ducks have locked up another forward with a long-term extension.

Corey Perry has agreed to an eight-year contract extension worth a reported $8.625 million US average per year.

The announcement — made Monday while the Ducks were taking on the San Jose Sharks at home — comes just over a week after Anaheim signed captain Ryan Getzlaf to an eight-year, $66-million extension.

The 27-year-old Perry scored 50 goals in the 2010-11 season to win the Hart Trophy and the Maurice Richard Trophy as the league's top goal-scorer.

THE CANADIAN PRESS

NFL

League settles on paying $42M to retired players

The NFL has agreed to pay $42 million US as part of a settlement with a group of retired players who challenged the league over using their names and images without their consent.

The league will use the money to fund a "common good" trust over the next eight years that will help retired players with an array of issues including medical expenses, housing and career transition. The settlement also establishes a licensing agency for retired players to ensure they are compensated for the use of their identities in promotional materials.

THE ASSOCIATED PRESS

Calgary Flames goalie Joey MacDonald deflects a shot by Stars left-winger Eric Nystrom on Monday in Dallas. The Flames suffered their seventh straight road loss with a score of 4-3. TONY GUTIERREZ/THE ASSOCIATED PRESS

Flames continue to burn out on the road

NHL. Dallas hands Calgary its seventh straight loss away from Saddledome

Loui Eriksson scored twice and the Dallas Stars held on for a 4-3 victory over the Calgary Flames on Monday night.

Eric Nystrom and Erik Cole also scored and Ray Whitney added two assists for Dallas, which snapped a four-game losing streak (0-3-1) — a stretch that dropped the Stars from seventh place in the Western Conference to 13th.

The Stars, coming off an 8-1 loss Saturday night against Chicago, had been outscored 14-2 while losing their last three games but closed a four-game homestand with the much-needed victory. In the midst of a crucial stretch of their schedule, the Stars head out for two road games before returning to Texas for another five in a row.

Kari Lehtonen, making his eighth straight start, made 16 saves for Dallas.

On Monday

4	3
Stars	Flames

The Stars bolted out to a 3-0 lead in the first period but the Flames battled back, scoring two power-play goals in the second and battling down to the wire after Alex Tanguay's goal with 4:46 remaining pulled them within one.

Jiri Hudler and Jay Bouwmeester also found the back of the net for Calgary.

Joey MacDonald made 20 saves as the Flames lost their seventh straight road game (0-6-1), getting outscored 28-11 in those contests dating to their previous Dallas visit on Feb. 17, when they won 4-3.

THE CANADIAN PRESS

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High playoff hopes for Canadian teams

NHL. Five of country's seven teams currently in position to play post-season hockey

Nine long years.

That's how much time has passed since as many as five Canadian-based teams made the Stanley Cup playoffs.

If the season ended now, there would be five in the post-season — Montreal, Winnipeg, Ottawa and Toronto in the Eastern Conference and Vancouver in the West.

Only Edmonton and Calgary would be left out, although heading into Monday's games the Oilers were just two points behind eighth-place San Jose in the West and four points out of first place in the Northwest Division. The Flames were another two points back.

"It's great to see," Montreal defenceman Josh Gorges said.

If the regular season ended today, both the Leafs and Sens would advance to play in the post-season, along with three other Canadian teams. FRANK GUNN/THE CANADIAN PRESS

"Canada's been longing for a team to win a cup and when you have more teams in the playoffs, obviously the odds are a lot greater."

However, it is not like Gorges or any other player is rooting for fellow Canadian teams to make it. They're only concerned about getting their own teams over the hump.

"It's exciting, but that's about it," Gorges added. "I'm worried about us. I don't care whether the other teams make it or not, to be honest."

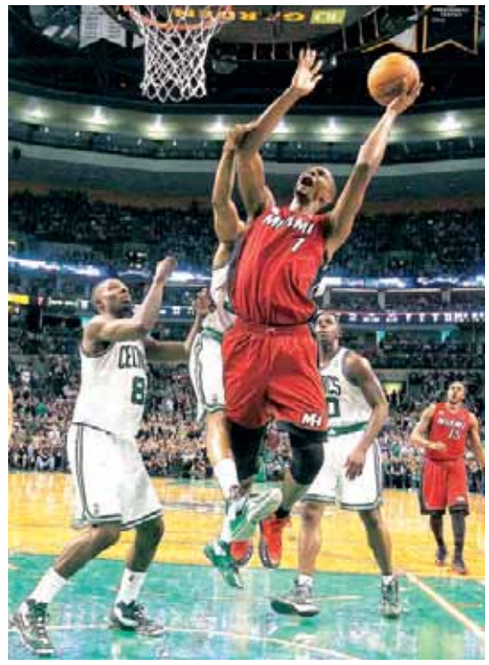
His teammates said much the same, but that mindset could change if they get into the amped-up atmosphere and media coverage of a playoff series between two Canadian teams.

It hasn't happened since five clubs made it in 2004.

That year, the Flames downed the Canucks in the first round en route to the Stanley Cup final, where they lost in seven games to the Tampa Bay Lightning. THE CANADIAN PRESS

Canadian representation

The last time all the Canadian teams made it was 1985-86 when there were only 21 teams, seven of them in Canada.



Heat making history

Miami Heat forward Chris Bosh beats Jeff Green of the Celtics to the basket in Boston on Monday. With a final score of 105-103, the Heat reached the second-longest winning streak in NBA history — 23 in a row. JIM ROGASH/GETTY IMAGES

Dating game

Woods, Vonn say they're an item

Sports has a new power couple: Tiger Woods and Lindsey Vonn have confirmed they're dating.

Two months after rumours began circulating in Europe, Woods and Vonn posted separate items on their Facebook pages Monday afternoon to announce their relationship. The posts include photos of golf's 14-time major winner and the Olympic and World Cup downhill ski champion.

"This season has been great so far and I'm happy with my wins at Torrey and Doral," Woods said. "Something nice that's happened off the course was meeting Lindsey Vonn. Lindsey and I have been friends for some time, but over the last few months we have become very close and are now dating."

Vonn said on her Facebook page: "I guess it wasn't a well-kept secret but yes, I am dating Tiger Woods." THE ASSOCIATED PRESS

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metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	52	14	.788	—
Indiana	41	26	.612	11½
New York	38	26	.594	13
Brooklyn	39	28	.582	13½
Atlanta	37	30	.552	15½
Chicago	36	30	.545	16
Boston	36	30	.545	16
Milwaukee	33	32	.508	18½
Philadelphia	26	40	.394	26
Toronto	**26**	**41**	**.388**	**26½**
Washington	23	43	.348	29
Detroit	23	46	.333	30½
Cleveland	22	45	.328	30½
Orlando	18	49	.269	34½
Charlotte	15	52	.224	37½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	51	16	.761	—
Oklahoma City	50	17	.746	1
L.A. Clippers	46	21	.687	5
Memphis	45	21	.682	5½
Denver	46	22	.676	5½
Golden State	39	30	.565	13
Houston	36	31	.537	15
L.A. Lakers	36	32	.529	15½
Utah	34	32	.515	16½
Dallas	32	35	.478	19
Portland	31	35	.470	19½
Minnesota	23	42	.354	27
Sacramento	23	44	.343	28
Phoenix	22	45	.328	29
New Orleans	22	46	.324	29½

Note: division leaders ranked in top three positions regardless of winning percentage.

MONDAY'S RESULTS

Philadelphia 101 Portland 100
Indiana 111 Cleveland 90
Charlotte 119 Washington 114
Dallas 127 Atlanta 113
Brooklyn 119 Detroit 82
Denver 119 Chicago 118 (OT)
Miami 105 Boston 103
Memphis 92 Minnesota 77
Golden State 93 New Orleans 72
L.A. Lakers at Phoenix
New York at Utah

TUESDAY'S GAMES — All Times Eastern

Orlando at Indiana, 7 p.m.
Portland at Milwaukee, 8 p.m.
Denver at Oklahoma City, 8 p.m.
L.A. Clippers at Sacramento, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	30	22	8	0	108	80	44
New Jersey	29	13	10	6	72	81	32
NY Rangers	28	14	12	2	67	68	30
NY Islanders	28	13	12	3	83	91	29
Philadelphia	30	13	16	1	81	92	27

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	28	19	5	4	90	70	42
Boston	27	19	5	3	81	57	41
Ottawa	29	15	8	6	72	62	36
Toronto	29	15	12	2	86	83	32
Buffalo	29	10	15	4	76	93	24

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	28	15	11	2	83	78	32
Winnipeg	29	15	12	2	77	85	32
Tampa Bay	29	13	15	1	96	86	27
Washington	28	12	15	1	78	85	25
Florida	29	7	16	6	70	109	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	29	24	2	3	100	62	51
St. Louis	28	16	10	2	85	80	34
Detroit	29	14	10	5	78	75	33
Nashville	29	11	12	6	67	77	28
Columbus	29	11	12	6	64	76	28

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	27	15	10	2	70	68	32
Vancouver	27	13	8	6	77	77	32
Edmonton	28	11	11	6	69	81	28
Calgary	27	11	12	4	78	91	26
Colorado	28	10	14	4	71	89	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	27	20	3	4	90	66	44
Los Angeles	27	15	10	2	81	71	32
San Jose	27	12	9	6	64	69	30
Phoenix	28	13	11	4	77	78	30
Dallas	28	13	12	3	73	84	29

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MONDAY'S RESULTS

NY Rangers 2 Carolina 1 (SO)
Tampa Bay 4 Philadelphia 2
Dallas 4 Calgary 3
Chicago 5 Colorado 2
Minnesota at Vancouver
San Jose at Anaheim
Phoenix at Los Angeles

SUNDAY'S RESULTS

Pittsburgh 2 Boston 1
Ottawa 4 Winnipeg 1
Washington 5 Buffalo 3
Edmonton 3 Nashville 2

TUESDAY'S GAMES — All Times Eastern

Ottawa at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Florida at Carolina, 7 p.m.
Nashville at Columbus, 7 p.m.
Washington at Pittsburgh, 7:30 p.m.
Buffalo at Montreal, 7:30 p.m.
Boston at Winnipeg, 8 p.m.
St. Louis at Vancouver, 10 p.m.
Phoenix at Los Angeles, 10:30 p.m.

WEDNESDAY'S GAMES

Tampa Bay at Toronto, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Dallas at Colorado, 9:30 p.m.
San Jose at Edmonton, 9:30 p.m.
Chicago at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pit	13	35	48
Kunitz, Pit	18	22	40
Stamkos, TBL	20	18	38
St-Louis, TBL	7	30	37
Kane, Chi	15	19	34
Staal, Car	13	20	33
Tavares, NYI	17	14	31
Vanek, Buf	14	17	31
Voracek, Phi	13	18	31
Ribeiro, Wash	10	21	31
Getzlaf, Ana	10	21	31
Duchene, Col	12	18	30
Datsyuk, Det	9	21	30
Zetterberg, Det	8	22	30
Neal, Pit	17	12	29
Ladd, Win	14	15	29
Moulson, NYI	11	18	29
Semin, Car	8	21	29
Stewart, StL	14	14	28
Parenteau, Col	12	16	28
Letang, Pit	3	25	28
Gagner, Edm	11	16	27
Kadri, Tor	11	16	27
Kessel, Tor	10	17	27
Elias, NJ	9	18	27
Thornton, SJ	5	22	27

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If you are determined to make a name for yourself, wait until the Sun moves into your birth sign tomorrow. If you make your move now, you could find that little things go wrong.

♉ Taurus
April 21 - May 21
You appear to be in one of your supremely confident moods, and that's great. But don't forget that bubbles can burst. It might be best not to make too many promises today, to yourself or to others.

♊ Gemini
May 22 - June 21
A new phase is about to begin and if you are smart you will pay less attention to work matters and more to friendships. The people you meet over the next few weeks will benefit you in many ways.

♋ Cancer
June 22 - July 23
Keep your dreams and schemes private today. You may have some wonderful ideas but what's the point in making them public if you can't do anything with them yet? A little secrecy is no bad thing.

♌ Leo
July 24 - Aug. 23
You may be a bit tense at the moment, but over the next day or two it will feel as if you have been born again. Where before you saw doom and gloom you will soon see nothing but hope and joy.

♍ Virgo
Aug. 24 - Sept. 23
You know how to handle yourself in a crisis and that's good because today you will have to use all your courage to sort out a difficult, maybe even dangerous, situation. Others are depending on you.

♎ Libra
Sept. 24 - Oct. 23
As the Sun is about to move into your opposite sign, there will be times when you don't understand why others think and act the way they do. Don't let it faze you.

♏ Scorpio
Oct. 24 - Nov. 22
There is so much junk and clutter in your life. Take a long, hard look at all the things you own and work out ways you can make a bit more room for yourself. Less is more.

♐ Sagittarius
Nov. 23 - Dec. 21
Something wonderful is about to happen. Your sixth sense tells you that life is about to take a major turn for the better and the more you look forward to having fun, the more fun you'll have.

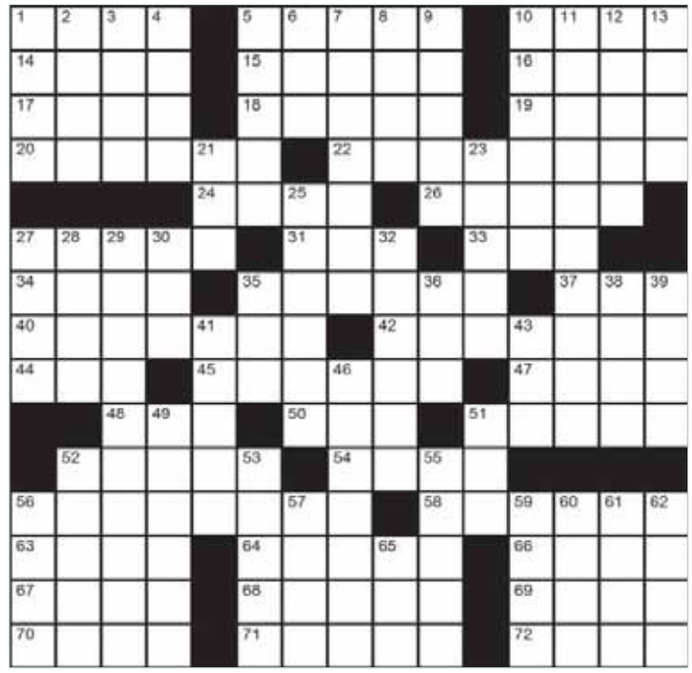
♑ Capricorn
Dec. 22 - Jan. 20
The worst possible thing you can be now is indecisive. What's needed is immediate and forceful action, even if you are not sure what the consequences might be. Don't worry what other people might think — get on with it

♒ Aquarius
Jan. 21 - Feb. 19
There are quite a few minor disputes taking place at the moment, but if you are smart you will ignore them all and get on with what is important to you. Put your needs first.

♓ Pisces
Feb. 20 - March 20
You must be honest about your money situation today, both with yourself and with other people. The Sun's change of signs tomorrow will bring opportunities to improve your cashflow situation, so there's no need to worry. SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



Across
1. March 19-24, 2013: Canadian Music __
5. Ozzy, as Jack or Kelly would introduce him: 2 wds.
10. River of Turkey
14. Competent
15. Emma Roberts, to Julia
16. Drill hole
17. Broadway musical, __ Yankees
18. Related maternally
19. Huffy-puffy mood
20. Solar __
22. Embassy worker
24. Paper pack
26. Of the ear
27. British singer Ms. Goulding
31. '_' __ in Regina
33. "Arctic Air" network
34. Bridal accessory
35. Made up of two
37. Permit
40. English: French
42. Prime Minister __ _. Pearson
44. To the __ degree
45. Batman's city
47. "__ Street" (1987)
48. Even if, briefly
50. Swiss river, variantly
51. Great __ (Dogs like Marmaduke)
52. Piercing
54. Actor Mr. Phillippe
56. "ET Canada" airer: 2 wds.
58. Group of Seven painter Mr. Harris (b.1885 - d.1970)
63. "__ and _" by Lady Gaga
64. Cosmetics company, L'__
66. Car
67. __. __. Helens, Wash.
68. Alan of Great Big Sea
69. Like a slanted line, for short
70. Ladies
71. Ms. Spacek
72. Bryan Adams album: '__ the Fire'

Down
1. Big bits
2. Web auction site
3. Tree types
4. Superman/Clark __
5. Boeotian Muse of memory
6. Feminine side
7. Juno-winning rockers, Theory of a __
8. Play's opening: wd. + Roman Numeral
9. Filmmaker Ms. Mehta
10. Soak up
11. Canadian sportscaster: 2 wds.
12. Font style
13. Cobblestone
21. Bard's 'previously'
23. Beatles' 'In the Sky' girl, and others
25. Record label Clive Davis founded
27. "__ Almighty" (2007)
28. Pre-Easter period
29. Peggys Cove landmark
30. Unwell
32. Wage
35. Li'l life story
36. "Shiny Happy People" b.a.n.d.
38. Detective novelist, __ Stanley Gardner
39. Dining room pieces, for short
41. Marketplace of ancient Greece
43. Lettered airline, once
46. Canadian fast food chain
49. Smoking, gum chewing, and others
51. Genetic letters
52. Laziness
53. Trudges
55. Tin Pan __
56. Rep-doing locales
57. Deanna __ (Counselor on "Star Trek: The Next Generation")
59. Sort of streambed
60. Wreck
61. Louisiana, for one, in French
62. Cancelled, __-__
65. Mr. Gore's

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	5		7			
	4					5	6	
8	9				2	4		
2		8	4				7	
				9				
	7				3	6		5
		7	8				9	1
	1	2					4	
				1		9	2	

Yesterday's Sudoku

7	6	1	5	4	9	2	8	3
9	4	2	3	8	1	7	5	6
5	8	3	6	2	7	9	4	1
1	5	4	7	6	3	8	9	2
3	7	6	8	9	2	5	1	4
2	9	8	4	1	5	3	6	7
8	3	7	1	5	4	6	2	9
6	1	9	2	3	8	4	7	5
4	2	5	9	7	6	1	3	8

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 0° MIN: -11°	MAX: 2° MIN: -6°	MAX: 2° MIN: -11°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

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A second chance for every skin.

We're so certain we'll give you the first 4 weeks, free.*

Smooth and refined in 4 weeks. To get you in this new great skin habit, we start you with 2 weeks, monitor your progress, then give you 2 more weeks. Free.

And imagine—at 12 weeks this little serum delivers 63% of the visible wrinkle-reducing power of a laser procedure. Different commitment. Different results.

Show me how I get my second chance:

1. Come to any Clinique Counter** Friday, March 15 through Sunday, March 24 and get a free 2-week supply.
2. Use Repairwear Laser Focus twice a day. That's easy—the bottle is measured.
3. Put the bottle where you won't forget… next to the alarm, toothbrush, your keys.
4. Come back for a Consultation. Bring the empty bottle so we know you've used it all. Take home another 2-week supply, free.
5. Week 4, moment of truth. Look in the mirror. Lines and wrinkles are visibly reduced.

Incentive: At 12 weeks, the visible wrinkle-reducing power is close to a laser procedure. 63% to be exact. Different commitment. Different results.

*One offer to a client, please. While supplies last. **Check clinique.com/ca for participating retailers.

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